

267

SCHOLASTIC COACH

MARCH 1948 • 25c

Oberlin College Lib
MAR 22 1948



IN THIS ISSUE

Defensive Baseball

now

at
September, 1946
prices

All Gold Medal and Gold Medal Champion Sport Nets are still priced at the September, 1946 level. We have held the line against inflationary price increases and guaranteed these prices until April 1, 1948. BUT—how much longer we can absorb the increased costs of materials and labor we don't know!

We do know that any price move will be up, not down.

Check your needs and order—NOW!

Gold Medal Nets



MAKERS
OF FINE NETS
FOR OVER
A CENTURY

118 YEARS OF "MAJOR LEAGUE BALL"



• Think of it! Every hit . . . every home run . . . every play made in the Big Leagues is made with one of the "Twins of the Majors."

Together, these famous base balls have piled up 118 years of history-making performance...for the Spalding 71 years in the National League . . . for the Reach 47 years in the American! No other base balls have ever been used. They're as much a part of baseball as baseball is a part of American life.

THE TWINS OF THE MAJORS
BOTH MADE BY

SPALDING

OBSERVE NATIONAL BASEBALL WEEK—MARCH 27 TO APRIL 3

How Much More INCOME Do You Want? 25%?

Gilbert J. Knowlton,
of Adams Center, New
York, raised his in-
come 25% in less
than a year.



50%?

John L. Dyer, of Herkimer,
N. Y., earned 50% more in-
come in less than two years.

100%?

August Cervini, of Wor-
cester, Mass., doubled
his income the first year.



These men have two things
in common:

- (1) They all left successful coaching careers to become Mutual Life Field Underwriters.
- (2) They all found that their experience as coaches helped them become successful, highly paid Underwriters.

Many coaches possess all the qualities necessary for a bright career in Field Underwriting. You can find out if you do by spending just 30 minutes at home taking our Aptitude Test.

If you make a satisfactory score, you will be invited to discuss your future with the Mutual Life manager nearest your home. He will explain the opportunity to build a profitable business of your own, in the community of your choice. We offer an excellent on-the-job training course, and a special compensation plan to help you become established. Afterward, your Mutual Lifetime Contract provides excellent commissions, service fees and a comfortable retirement income at age 65.

This Aptitude Test has been the opening chapter of many a Mutual Life success story. Mail the coupon for it now.

THE MUTUAL LIFE INSURANCE COMPANY of NEW YORK

34 Nassau Street
New York 5, N.Y.



Alexander E. Patterson
President

GENTLEMEN:

Please send me your Aptitude Test.

Name

Home Address

S-31

SCHOLASTIC COACH

Reg. U. S. Pat. Off.

VOLUME 17 • NUMBER 7 • MARCH

IN THIS ISSUE

HERE BELOW (<i>Point and Counter Point</i>)	5
THE CATCHER by <i>Otto H. Vogel</i>	7
IRV MONDSCHN, NATIONAL DECATHLON CHAMPION (<i>Pictures</i>)	8
THE DEFENSE IN BASEBALL by <i>Ed Staruk</i>	10
POSITION IS EVERYTHING by <i>George Eastment</i>	12
REGGIE PEARMAN, HALF-MILE CHAMPION (<i>Pictures</i>)	13
THREE C'S FOR OUTFIELDERS by <i>A. W. Roberts</i>	14
THE POLE MAKES THE VAULTER by <i>Richard V. Ganslen</i>	18
CLASSROOM APPROACH TO WRESTLING by <i>Ralph Cutler</i>	22
NEW EQUIPMENT	28
SPORTSMANSHIP by <i>L. F. Addington</i>	30
WATER BASKETBALL by <i>Giles F. Liegerot</i>	32
PREVENTING ATHLETE'S FOOT by <i>William O. Hatch</i>	36
ANALYSIS OF THE JAVELIN by <i>William Footrick</i>	38
FUNCTIONS OF THE STARTER AND REFEREE by <i>E. J. Lalley</i>	42
OUTDOOR TRACK AND FIELD RECORDS, 1948	44
NEW BOOKS ON THE SPORTSHELF	46
NEW FILMS	54
ORGANIZATION AND ADMINISTRATION by <i>L. Jack Smith</i>	62
COACHES' CORNER	64

Cover Photo by International News Service

Publisher • G. HERBERT McCracken

Editor • HERMAN L. MASIN

Advertising Manager • OWEN REED

Art Director • M. J. DUNTON

SCHOLASTIC COACH IS ISSUED MONTHLY TEN TIMES DURING THE ACADEMIC YEAR (SEPTEMBER THROUGH JUNE) BY SCHOLASTIC CORPORATION, M. R. ROBINSON, PRESIDENT, PUBLISHERS OF SCHOLASTIC MAGAZINES FOR HIGH SCHOOL STUDENTS.

ADDRESS ALL EDITORIAL AND ADVERTISING COMMUNICATIONS AND ALL CORRESPONDENCE CONCERNING SUBSCRIPTIONS AND CIRCULATION TO SCHOLASTIC COACH, 220 EAST 42ND STREET, NEW YORK 17, N. Y.

SUBSCRIPTION FOR THE UNITED STATES, \$2 A YEAR. CANADA, \$2.25. FOREIGN, \$2.50. BACK ISSUES: CURRENT VOLUME, 25c; PREVIOUS VOLUMES, 50c.

THE ENTIRE CONTENTS OF SCHOLASTIC COACH COPYRIGHTED, 1948, BY SCHOLASTIC CORPORATION. SCHOLASTIC COACH IS A MEMBER OF THE CONTROLLED CIRCULATION AUDIT, A BUREAU FOR EXAMINING AND AUDITING CIRCULATION FIGURES FOR THE PROTECTION OF ADVERTISERS. CCA STATEMENTS OF SCHOLASTIC COACH CIRCULATION SUPPLIED ON REQUEST. THROUGH THIS SERVICE, SCHOLASTIC COACH ADVERTISERS RECEIVE INCONVERTIBLE EVIDENCE OF THE CIRCULATION THEY ARE PAYING FOR.



50
YEARS
1898 ☆ 1948



Rawlings



Rawlings Athletic Equipment
THE FINEST IN THE FIELD!

MANUFACTURING COMPANY • ST. LOUIS 3, MO.



LOCKER TALK

Scholastic coaches are talking about Hyde-crafted footwear for Scholastic Sports. They appreciate the special features that are built into shoes like these.



**HYDE
BASEBALL SHOES**

rugged kangaroo, reinforced with leather linings, outside counter pockets and shinbone leather counters, flexible Goodyear Welt construction, professional oval cleats and solid copper rivets, scientifically built lasts.



HYDE TRACK SHOES

made in two sturdy leathers . . . kangaroo and elk . . . with a soft, snug-fitting heel, and that airy lightness afoot.

**HYDE
FOOTBALL
SHOES**

yellow-back kangaroo with reinforced leather linings, outside counter pockets, web-stayed throughout for no stretching, telescopic clinched eyelets, full bend outsoles, reinforced shank stitching, Goodyear Welt construction, Hyde's new patented lock football assembly.

HYDE

ATHLETIC SHOE CO.

CAMBRIDGE, MASSACHUSETTS.

Point and counter point

ISN'T it a little touching the way our Olympic Committee always manage to trip over both feet in launching an Olympic year? Look at the way they launched the Winter Games. Before a U.S. Olympian set a ski on foreign snow, there already was talk of withdrawing the team from competition, thanks to the monumental bungling connected with the selection of the hockey team.

That's why it's a relief to note that our track and field team, come what may in July, has at least jumped off to a nifty start. We refer to the selection of Dean Cromwell as head coach.

The Committee's choice has met with a happy reception all the way around. Even the East, which had been rooting for Emil Von Elling, of NYU, endorsed the selection without a whimper about illegal elbowing on the curves.

Inasmuch as an Eastern coach had headed the last three Olympic teams, the West had the honor coming to them. But, geographical considerations notwithstanding, it had to be Cromwell. The files reveal that Dean has more N.C.A.A. (12) and I.C. 4-A (9) team titles to his credit than any other coach.

What's more, Cromwell, in 39 years at Southern Cal, has landed 36 men on the Olympic squads. Six of his boys—Charlie Paddock, Bill Miller, Earle Meadows, Duncan McNaughton, Bud Houser, and Ken Carpenter—won championships.

The fact that Cromwell is a member in impeccable standing of our Editorial Advisory Board undoubtedly had no influence on his selection. But it at least gives us cause to lead the parade of congratulators. Happy hunting, Dean.

THE POINT AFTER T.D.

WE'VE always intended to get to the point (after touchdown), and Luke Johnsos' recent proposal to eliminate it furnishes a good tee from which to deliver a swift kick to the seat of its pains.

The main objective of the extra point is to reduce the number of tie games. And this it certainly does. But does it do it fairly?

How many times have you seen a team push an opponent all over God's turf, then lose out because of a missed conversion? And how many times have you seen some nondescript shrimp win a game his team had no business winning, by delicately plunking a ball between the uprights?

We think some fairer way of settling tie games can be devised. Two methods have been suggested in recent years, neither of which we go along with.

First, there is the Johnsos *deux ex machina*. The Chicago Bear assistant coach would replace the extra point with the sudden-death plan—continuing tie games until a team scores a touchdown, field goal, or safety.

For the pros, that might work. For schoolboy teams, no. Not being geared for mass point production, they could play until the Fourth of July without breaking the tie.

A second idea is to bring the ball to mid-field and give each team a stipulated number of carries—with the team advancing the farthest being declared the winner. Not so good. One lucky play might give a team an undeserved win.

Which brings us to a third possibility—wholly original. In case of a tie, how about awarding an automatic, game-winning point to the team which outscored the other in first downs?

Wouldn't this increase the offensive tempo of the game from start to finish, and wouldn't it reward a team for outplaying the other? There's something unfair about a team rolling up 13 first downs to an opponent's 3, then having to bank on a point after touchdown to tie or win.

What's that? What happens if the game ends in a tie and both teams have the same number of first downs? For gosh sakes, call the game a tie!

JUNIOR HIGH SCHOOL FOOTBALL

SOME time ago we received a letter from a Wisconsin schoolman requesting a statement on the values of football for junior high school students, to be used as a weapon in combatting a resolution prepared by the House of Delegates of the Wisconsin State Medical Society. The resolution read as follows:

Whereas such contemplated activity has health implication of concern to parents, educators and physicians alike, and

Whereas the Joint Committee on Health Problems in Education, representative of the National Education Association and the American Medical Association, in 1945 specifically recommended that all interscholastic competition be limited to senior high school students and that "junior high school boys should not compete in American football" (either on an interscholastic or intramural basis), and

Whereas prominent pediatricians and orthopedic specialists contacted in reference to this problem were unanimous in their opinion that it is harmful, physically and emotionally, for boys of junior high school age to compete in interscholastic competition in football.

Therefore, be it resolved, that the State Medical Society go on record as condemning the contemplated expansion of interscholastic competition below the senior high school level, and that in reference to American football, competition should be limited to students of senior high school age, under competent coaching direction, equipped with adequate safeguards and under competent medical direction.

Be it further resolved that this resolution be transmitted to the Superintendent of Public Instruction, the School Health Council of Wisconsin Congress of Parents and Teachers, so that parents and educators alike will have full knowledge of the attitude of the State Medical Society of Wisconsin on the question of extending a program of interscholastic competition, and particularly competition in football, below the senior high school level.

This is a pretty hot potato to handle, and we have no desire to indulge in juggling games with such thoroughly accredited bodies as the

(Continued on page 52)

The **LAST WORD** in comfort and efficiency

WILSON "FAMOUS PLAYER" BASEBALL SHOES

This is America's finest baseball shoe—favorite of hundreds of leading professional players. Constructed over a scientifically designed "professional" sprint last to give perfect comfort and firm support at all points of strain. Made of genuine yellow back Kangaroo uppers with Goodyear welt. Full lightweight leather vamp lining. Finest quality oak tanned leather sole tap and heel piece. Fitted with Airlite cushion insole and heel. Wilson's "Famous Player" Baseball Shoes score with coaches and players everywhere. Available in a complete range of styles and prices. See them at your Wilson dealer.

Manufactured by WISCONSIN SHOE CO.
Division of
WILSON SPORTING GOODS CO.
Chicago, New York and other leading cities



The hand forged steel spikes are arranged in relation to the bones of the foot to get maximum power from leg muscles, aid quick getaway and permit utmost freedom of movement in the joints of the foot and toes. Helps to avoid muscle strain and fatigue. Spikes are scientifically attached by hand, copper rivets with lightweight spring-steel inner sole plates.



IT'S **Wilson** TODAY IN SPORTS EQUIPMENT

The Catcher

By OTTO H. VOGEL

MAYBE pitching is 75% of defense, as some experts claim. But there isn't a defense that can't be improved 10-25% by a smart receiver.

A good catcher can steady the pitcher and infield, instill confidence and inspiration to his teammates, and, in general, "quarterback" the defense through the tough spots.

The best type of receiver is a good sized boy with big hands who is smart, fast, and a strong thrower.

The catcher should take a position as close as possible to the batter without interfering with him. This position enables him to offer a good target to the pitcher and, at the same time, helps the umpire call the knee-high pitches. It also facilitates the catcher's handling of foul tips and low pitches.

SIGNALS

When signaling to the pitcher, the catcher should assume a squat position with knees turned out, feet close together, the glove beyond the left knee, and the left arm resting on the left thigh.

The signs are given with the right hand either against the inside of the right thigh or in the crotch. The fingers should never protrude beyond the line of the crotch. Otherwise the signs may be stolen from the rear.

For pitchouts or plays to bases, another sign should be given which the baseman can see. The baseman should acknowledge the sign with one of his own, showing he is ready for the play.

The baseman may give the signal if he thinks he has a play, in which case the catcher answers and then calls for a pitchout. All outfielders should know these signals, so they can back up the play.

As soon as the signal for the pitch is given, the catcher takes a comfortable stance, feet about 20 inches apart, with his body bent slightly at the waist and the gloved hand turned either fingers upward or downward.

It is a good plan to keep the bare hand flat against the back of the

glove and then roll the hand over the ball as it strikes the glove. This helps eliminate injury to the hands from foul tips.

The catcher must be careful to hold his hands the same way for all types of pitches and not change his hands until the pitch has started. By so doing, he will not tip off the pitch to the opponents.

SHIFTING FOR THROWS

The catcher should learn to shift his feet in order to get his body in front of the pitch as much as possible.

Throw to first or second: Let us suppose a right-handed batter is up. If the pitch is to the right, the catcher steps out to the right with the right foot, catches the ball, then takes his step forward with the left foot.

If the batter is left handed (and the pitch is to the right), the catcher again steps out to the right and catches the ball. But this time he shifts his weight to the left foot, steps diagonally forward with the right, then forward with his left, clearing the batsman on his throw. In executing this maneuver, he will usually step directly across the plate.

Throw to third base: On an inside pitch against a right-handed batter, the catcher steps to the left as much as is necessary with his left foot to catch the ball, then steps diagonally backward toward third base with his right foot, and steps directly toward third with his left foot for the throw.

On pitches directly over the plate, where he does not have to shift his feet, the catcher merely takes his diagonal step backward toward third with the right foot and then steps directly toward third with the left foot for the throw.

On pitches to the right, the catcher steps over with the right foot, receives the catch, shifts his weight to the left foot, steps diagonally backward with the right foot toward third, then makes his step with the left foot toward third for the throw.



Giving the sign



Presenting the target

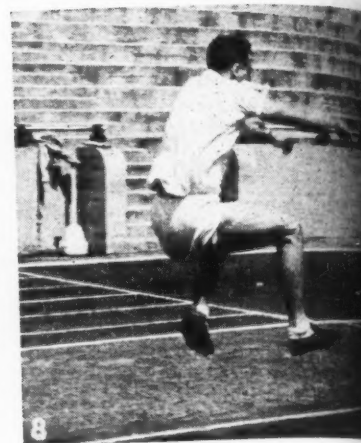
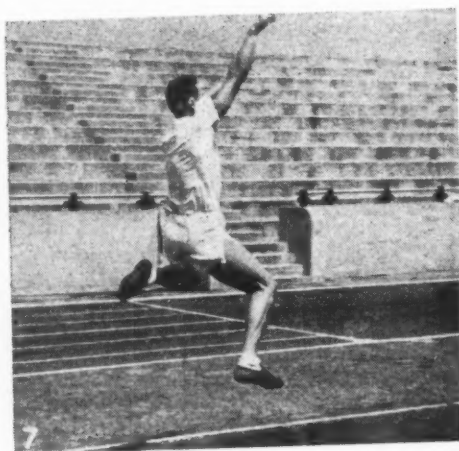
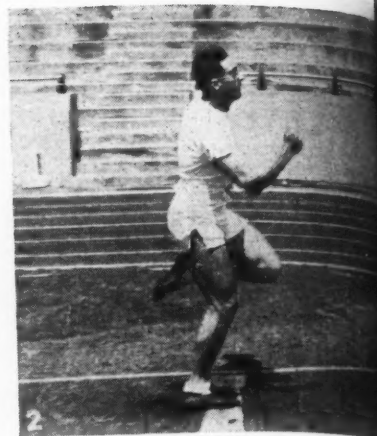
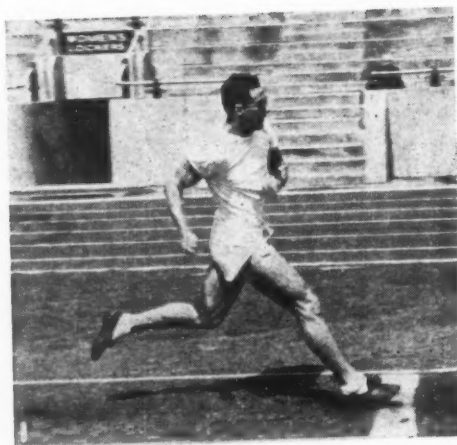
With a left-handed batter up, the catcher merely gathers in the ball and steps directly toward third with his left foot for the throw.

If the pitch pulls the catcher off balance, he must make his throw in the best way possible. In this particular situation, he may have to throw in front of the batsman.

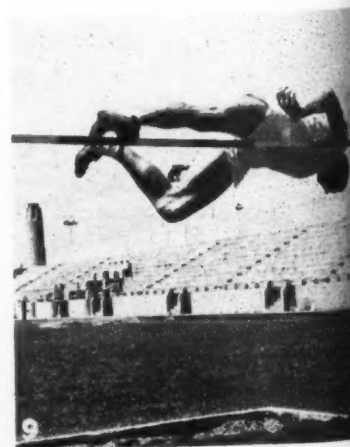
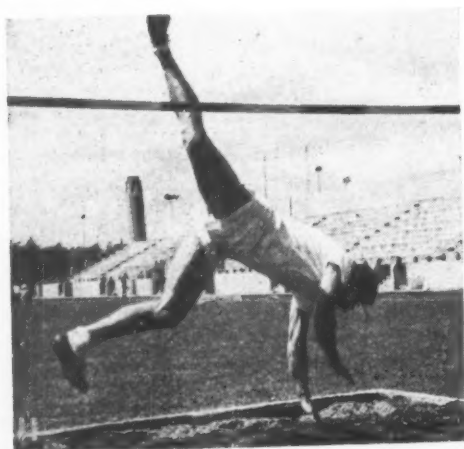
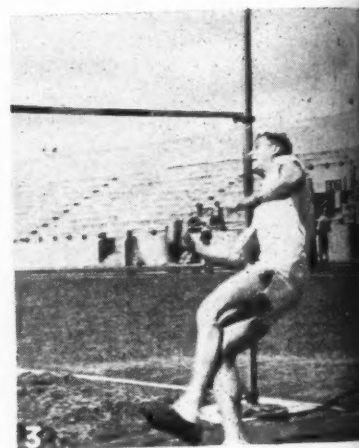
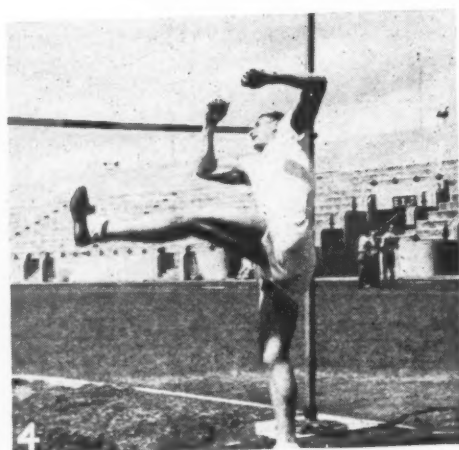
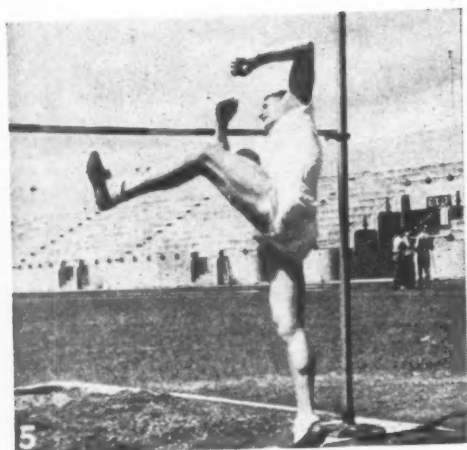
The overhand snap throw is the recommended practice, since it gets the ball away quicker. Some catchers cannot learn this throw and will use a full arm overhand throw. This peg is not as consistently accurate. The catcher has a tendency to hurry the throw too much, and therefore will not get his arm back far enough to make a good throw.

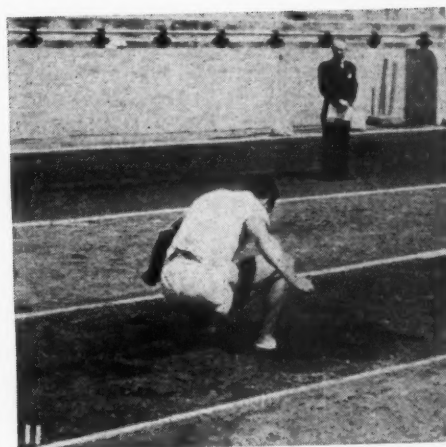
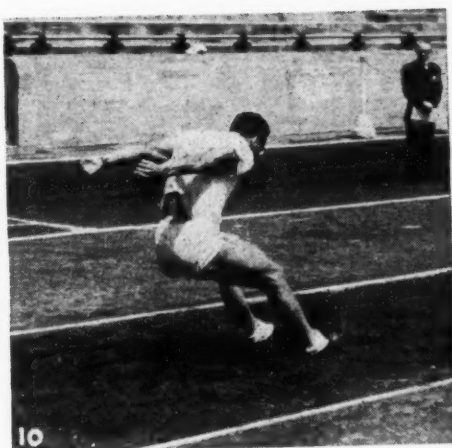
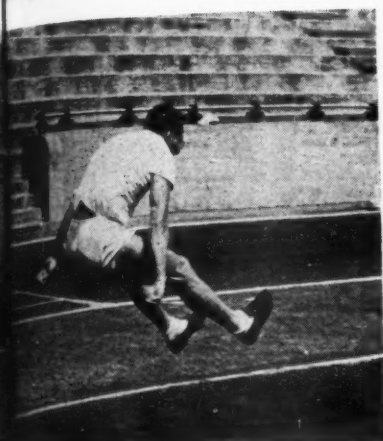
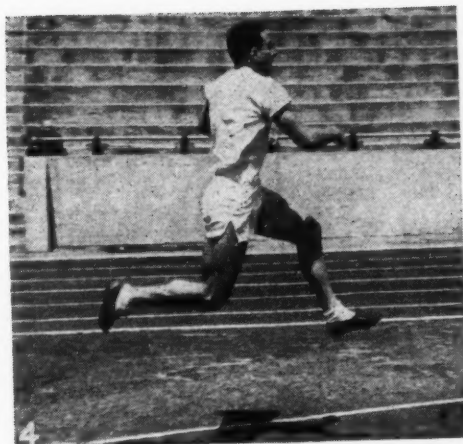
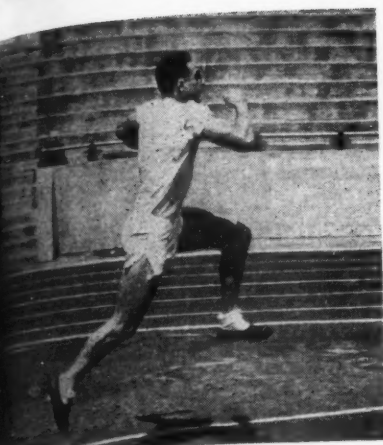
(Continued on page 50)

Broad Jump



IRV MONDSCHIN, N.Y. USA

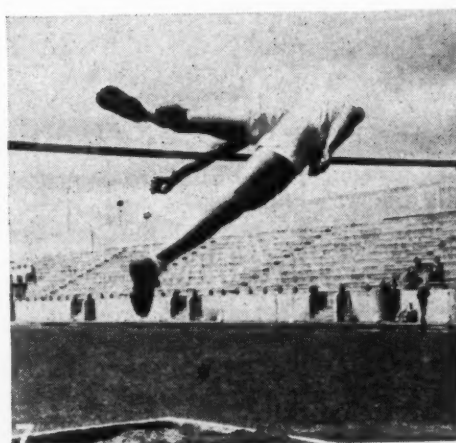
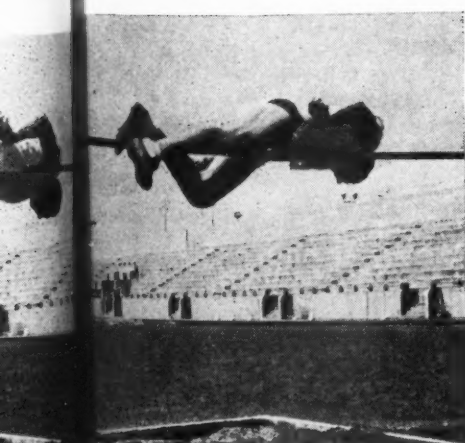


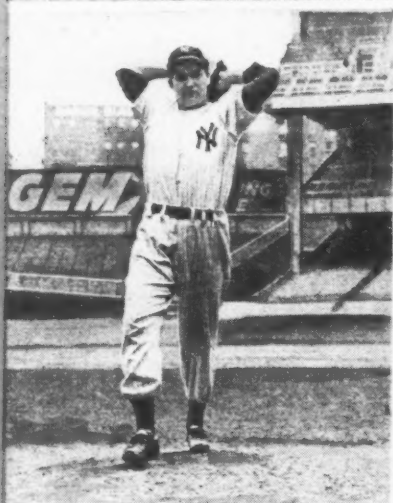
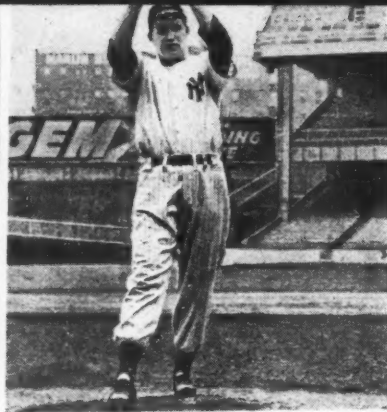
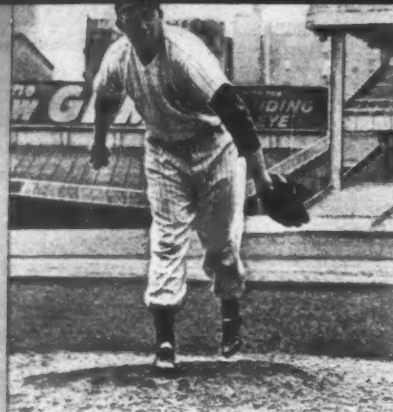


Y. NATIONAL DECATHLON CHAMPION



High Jump





FRANK SHEA

The Yankees' pitching find of 1947 is the free-wheeling type whose form may be studied with benefit by young pitchers. Note the way he carries his weight back in the windup, then thrusts it completely behind the delivery. (Press Association.)

IN MY article on offensive baseball last month, I pointed out that a complete chapter could easily be written on each phase of the subject (batting, bunting, running, etc.) without exhausting the topic by any means.

The same holds true of defensive baseball. It would take a book to cover the entire subject thoroughly. Hence, as last month, the writer will confine himself to the salient points of each phase, stressing those points which particularly apply to the schoolboy player.

Catcher. Know the pitcher thoroughly. Be a "pepper-pot." Give off lots of noise, communicating your confidence to the rest of the team, particularly the pitcher.

Always keep your arm in tip-top shape. Don't throw senselessly to show off your whip, and never leave

the plate unguarded with men on base. A good time to remember this is on an easy grounder with two out. Do not automatically back up the throw to first. A man on second will be able to score on any type of error.

Leave your position fast on bunts and grounders in front of the plate. On rollers near the foul line, step in or out for the throw to first. If you stay on the line, you may hit the runner. By leaping quickly out of the base line, you can make the peg from an angle.

Learn the possible path of foul tips. When inside pitches are fouled

(right-hand batter), the ball will normally veer to your left. Outside pitches will veer to the right, while pitches down the middle will usually go straight back.

Transmute this knowledge into instinctive action. Get away fast. Whisk off your mask and toss it away from the direction of the ball. Never drop the mask where there is a chance of tripping over it.

Pitcher. Charge off the mound fast on ground balls. Do not commit yourself until you see the direction of the ball, especially on bunts. Otherwise the batter may punch one by you.

The Defense in Baseball

The Power Memorial coach presents the salient points of schoolboy infieliding, outfielding, and strategy

Back up the bases on all long throws. Get at least 20 feet back of the baseman. This will minimize the danger of the ball skipping past both of you.

When covering first on ground balls, get to the bag as fast as you can. A stationary target is much easier to hit than a moving one.

Never walk in toward the plate or around the mound after pitches. These extra steps will sap your energy, especially on a hot day. And do not shake off the catcher's signals too often. On crucial pitches, it is wiser to call him out and talk the situation over.

First baseman. On ground balls to other fielders, get to the bag quickly. Always try to set up a *stationary target*. Too many first sackers have a tendency to loaf, forcing their teammates to delay their pegs. This throws them off stride, preventing them from taking their customary throwing motion after the pick up.

On throws from the outfield to the plate, the first baseman, being a taller player and rarely having to cover first, usually should steer the ball to the catcher, setting up in the infield on a line between the thrower and the catcher. Whenever necessary, he should cut off the throw (on a signal from the catcher).

Practice this continually. Conceal your intent to cut off the peg so that the runner (going to second or third) will be encouraged to take extra chances on the assumption that the ball is going through to the catcher.

Always keep your head up after a put-out at first to avoid having other runners take an extra base.

On wild throws from infielders, do not rivet your foot to the bag,

If in doubt as to where to throw on the relay, run toward second base with the ball, keeping your arm cocked for the peg. *Do not stand still*, daring the runner to advance. Too often he will.

Upon receiving the catcher's throw on an attempted steal, place the glove (containing the ball) in front of the base and let the runner slide into it. Never lunge at a man if you miss him the first time. This gives away the fact you did not tag him.

On most pick-ups of ground balls, you will have plenty of time to make the throw to first. So do not needlessly hurry it. On the other hand, do not overconfidently take too much time.

Shortstop. Most of the rules laid down for the second baseman apply to the shortstop.

Go after all high balls hit back of third base. Most often you will be in better position than the third baseman to make the catch. This may vary depending upon the position of the sun and the condition of the field at the time.

To coaches: Always place your best infielder at short; it is the most important spot in the infield. Since the shortstop makes the longest infield throws, he must have a very strong arm. Accuracy is extremely essential.

On properly coached teams, the shortstop always knows what type of pitch is being thrown so that he can shift accordingly and get the jump on the ball.

The shortstop must be fast to cover his large territory and should be full of chatter. The second baseman and he must always be in complete accord and should have their own set of signals as to coverage of second base on throws, etc.

Both men should practice, practice and practice on double plays. This will not be discussed here as it is a chapter in itself.

Third baseman. Since he seldom receives as many fielding chances as the other infielders, he doesn't have to be the fielder they are. He doesn't have to be too fast either, as most balls come right at him.

A coach can place a good hitter with a strong arm at this position to strengthen his offense. The reverse is true at short and second. In these positions, it is frequently advantageous to sacrifice offensive strength for defensive strength.

Playing tips: Step right at the target when making your throw. Try for everything hit towards short, as you usually can make the play easier and quicker.

Always be on the alert for bunts and always study the batter. If he swings late (right-hander), you may play closer to the shortstop. If he swings early, play nearer the base line.

Always try to field slow rollers with two hands, unless you see it is impossible to get the runner. Then use a one-handed snap throw. Spend plenty of time practicing this throw.

On well-placed bunts near the foul line where the runner has the play beaten, let the ball roll. As soon as it goes foul, pick it up or push it farther into foul territory so that it will not roll back into fair territory.

Outfielders. A good outfielder is judged by how close he can play to the infield with comparative safety. By playing close, he can cut down Texas Leaguers and short line drives which otherwise would drop safely.

If your park has a fence, do not play up against it. Let it "work" for you. If you play close (to the infield), the fence will insure against hard grounders and line drives going for home runs.

Try to start with the crack of the bat and never turn your back to the plate on deep flies. Be wary of a bright sun. Wear a pair of good sun glasses whenever necessary.

Practice throwing to the bases. On long pegs, throw so that the ball will take a long hop into the infielder's hands. On short pegs, rifle the ball in chest high.

Never loaf after balls that get by you, and do not make easy catches look difficult. When camped under a high fly with men on base, set your body before making the catch. This will enable you to get rid of the ball faster.

After catching a short fly with men on base, run towards the infield with the ball, being ready to fire away if any runner makes an attempt to advance.

Always hustle on and off the field. Casual strolling shows indifference and poor team spirit.

Strategy. Following are a few general pointers which every player may read with profit.

(Concluded on page 49)

iBaseball

allowing the ball to sail by you. Do not be afraid to leave the base, make the catch, and return to the bag quickly. This will prevent you from presenting extra bases to the runner.

Second baseman. On bunts which pull the first baseman in, cover first base quickly. Try to present a stationary target for the throw.

Cover second base on long hits to left field or left center. On long drives to right or right center, go out quickly for the relay. Try to deploy yourself halfway between the infield and the spot where the ball is fielded.

POSITION IS EVERYTHING

THE Solomon who coined the expression, "Position is everything in life," probably didn't know one end of a track shoe from the other. But nowhere is the maxim so true as in track. The middle-distance runner should accept it as a golden rule—to be constantly thought about and constantly practiced.

Many excellent articles have been written on training and conditioning, the necessity of running at a certain pace, following time schedules, and spreading one's effort over the entire distance.

While all this has been to the good, and has helped produce better performances, a very essential point has been overlooked—POSITION.

No matter how good an athlete may be, no matter how much stamina he has, he must always maneuver into position to exploit his finishing ability. Otherwise he will lose a lot of valuable points for his team and a lot of medals for himself. Outdoors, the matter of position is very important; on the smaller indoor tracks, it is vital.

During the past 20 years, I have seen hundreds of races lost by the failure of superior runners to be in proper position for their final bid.

Where a man completely out-classes his field, position rarely makes any difference, of course. But this happens infrequently, and our runners—high school and college alike—can well afford to give this matter a great deal of thought and to put these thoughts into practice in their daily workouts.

To start from the very beginning: The first major fault of many athletes is a tendency to get off their marks slowly, and to gradually work their way up through the field.

At least half the time, this won't work. The slow starter will find it practically impossible to achieve this objective. Each contestant will undoubtedly make an effort to hold him off, thus forcing him to run at an uneven speed.

Again, the laggard will invariably find himself caught in a pocket, and will lose much valuable yardage trying to extricate himself.

It is much wiser to train your men to regard the first 20 yards as a 20-yard dash, making every effort to reach the first turn in as good a position as possible.

If your man can gain the initial turn first, he will have a tremendous advantage over the remainder of the field. He will now control the pace. And even if he allows someone else to take the lead, he will be in no danger of being pocketed or thrown off-stride.

Whenever the runner is passed or where he does not reach the turn first, he should never attempt to maintain his position on the pole. *The proper position is on the outside shoulder of the leader.*

Running a bit wide on the turns involves extra yardage. But this is more than compensated for by the athlete's freedom to move up at the first opportunity.

ON THE BACK-STRETCH

The boy will have ample opportunity to size up his rivals on the back-stretch. At this time he should make every effort to get as close to the leader as possible. Of course a wild burst of speed at any stage of the race will generally sap the power of the finishing burst. This must be taken into consideration in making the move.

Whenever the athlete is not first or second, he should never drop directly behind these men. This will permit anyone moving up to pass him or run even with him, to block him off and prevent him from getting into the clear without committing a foul.

When this happens, the athlete in third position or worse will usually find himself unable to move out and follow the leader who is

opening up ground on the rest of the field. It may take him an entire stretch or turn (outdoors) or even a full lap (indoors) to break out of the pocket.

Outdoors, most runners wait until the home stretch before making their bid. This is absolutely correct, provided they have placed themselves in the proper contending position.

How often have you seen a runner with a great kick come from seventh to third or fourth in the last stage of a race! In most cases the man would have been the winner if he had given more thought to being in the proper position before starting his finishing drive.

Outdoors—position must be secured on the back-stretch of the final lap.

Indoors—not later than with 1½ to 2 laps to go.

Waiting until the last moment is poor strategy in that everyone will be moving at top speed, and the individual will have to run in and around many men.

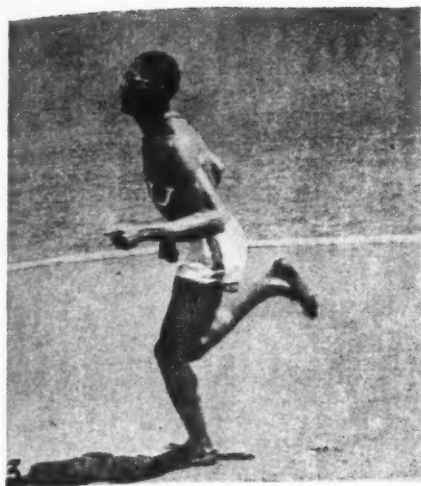
Indoors, there are generally just 20 yards of straightaway from the turn to the finish line. At most, a 40-yard finish is possible. Under these conditions, first is without question the ideal position.

If the runner is not in the lead, he should never follow right behind the leader, but should run on his outside shoulder. While following, an athlete is actually more than a yard behind, and has that distance to make up on the short straightaway. It is much easier to make up the deficit from a position on the leader's shoulder.

Outdoors, of course, with long straightaways and wide tracks, a man has ample running room and can very often move up without danger of fouling or being pocketed. However, these dangers are always present and, even outdoors, we rarely see a man move from fifth or sixth to win.

Many high school boys so out-
(Concluded on page 49)

By GEORGE EASTMENT



Reggie Pearman

Half-Mile Champion

A SMOOTH, relaxed runner, Pearman combines an effortless stride with a dynamic kick, and is expected to be America's chief middle-distance threat in the coming Olympics.

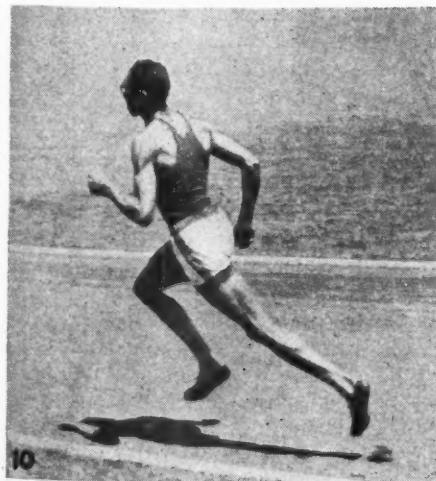
He is a tall boy on the thin side, and is as loose as ashes. He runs easily with a marked body lean (as you may clearly see in pictures 6 and 10), avoiding any semblance of excessive arm and shoulder swinging.

Also noteworthy of attention is the fact that he lands well back on the foot (No. 6) and that his arm action is very smooth and relaxed.

The N.Y.U. sophomore's racing strategy rarely differs. He prefers to lag off the pace until the final turn, at which point he really pours it on.

Given a good pace setter, Pearman could well lower the 1:49.2 half-mile mark set by Sidney Wooderson, of Great Britain, ten years ago.

EXCLUSIVE SCHOLASTIC COACH PHOTOS





Three C's for Outfielders

By A. W. ROBERTS

SINCE most schoolboys going out for the varsity possess little or no experience and have had no previous coaching to speak of, it behooves the high school coach to keep his tutoring on a very simple plane.

At least that's my theory of baseball coaching and, I might add, I haven't been stuck with it. It has paid off rather handsomely. I lead the boys along very slowly, working into the more intricate phases of the game as the boys mature.

My early work places emphasis on three important C's—coordination, condition, and confidence. I will attempt to show how this applies to outfielders.

Coordination is placed first because without it brains and brawns are useless. Some people believe that because an outfielder is not called upon as often as an infielder, he doesn't need as well-developed reflexes and coordination.

Actually the reverse is true. Since the outfielder seldom gets the same opportunity as the infielder to warm up every time they take the field, he has need of superior co-

ordination. The pressure is on him all the time. He must mentally play every ball, even the ones handled by the infield.

It should also be remembered that in the big parks, the players in the inner garden get a great deal more protection from the wind and sun than the boys in the wide open spaces.

Fences, bull-pens, grandstands, tracks, and light poles furnish added hazards. The outfielder must be able to see, think, and act with split-second timing.

This is far from easy for the average high school boy especially when you remember that he is in the awkward stage of his life where he is all arms and legs and performs every physical job with a maximum of effort. You certainly can't shove this type of boy into the outfield and say, "Come on. Shag those flies."—any more than you can give a first grader a sixth-grader book and say, "Read."

The obvious thing is to start right at the bottom. First give your squad of prospective outfielders some coordinating exercises such as jump-

Fielding a fly ball overhead: The outfielder extends both hands above and in front of him so that he can follow the flight of the ball right into the glove. From this position, he can quickly draw his arm back for the throw.

(Encyclopaedia Britannica film, "Catching")

clap, deep knee squat with backward kick, touching right heel with left hand; in fact, any exercise that will make them *think*. These serve as good conditioners at the same time.

The next step is mimetics. Using no more than eight in a group, put them through the motions of catching a fly ball by just reaching up with hands together at the right angle and then letting the hands and arms relax into the body.

A good stunt here is to throw up a ball and have an assistant catch it while you indicate the key techniques.

Next comes an imaginary catch with a cross step and throw, then the fielding of grounders with emphasis on correctly placing the feet and making a smooth coordinated movement of arms and body.

A reflex test may follow. Line the boys up facing you about 15 yards away, and give each boy a number. Then toss a ball into the air or along the ground and call a number. See how fast the prospect makes the catch. You will soon be able to pick out the boys who can think and act fast. Smoothness of action as the boy fields the ball, sets his feet, and tosses the ball back to you is what to look for.

In this test it is always a good idea to have each boy understand that when you blow your whistle while he is in action, he is to *freeze*. This will enable you to point out mistakes or good points.

Pepper games are next on the agenda. Here it is a common fault to get too far away from the batter and make with the fancy pickups and tosses. This no doubt comes from watching exhibition games where it is done as a crowd pleaser. Three trips around the bases at top speed will cool off the would-be "Fancy Dans."

At least 20 minutes each day should be allotted to this game, and the boys should be encouraged to play it in their spare time.

When working with a large squad, especially at the beginning of the season, it is a good practice to bring in six players to start batting practice. While one takes his cuts, the other five may engage in a pepper game. As each steps up to take his licks, another can come in from the field to keep the game go-

NOW *is the time to buy* SOFTBALLS



Order Now ... these great new scuff-proof
... rip-proof softballs! Like all Pennsylvania Athletic Balls,
they're official in size, weight, shape and performance
... play perfectly, rain or shine ... cost less because they
wear three-times longer by actual test.

PENNSYLVANIA

FOOTBALLS • BASKETBALLS • TENNIS BALLS AND BADMINTON SHUTTLECOCKS • GOLF
SQUASH • HAND • TOY • BEACH • PLAYGROUND • SOCCER AND VOLLEY BALLS

PENN-CRAFT PARK  JEANNETTE, PA.

FOR 50 YEARS ... BUILDERS OF FAMED PENNSYLVANIA TIRES

EXTRA
PROTECTION
EXTRA
COMFORT
EXTRA
VALUE

"Bub"
EXTRAS

MAKE IT THE MOST
EXTRAORDINARY
SUPPORTER FOR
YOUR TEAM'S
SAFETY

Free-n-easy action
plus firm support
right through to the
last minute of play.
Chafeless, pinchless
comfort. Endorsed by fa-
mous coaches and ath-
letes. Guaranteed to out-
last and outlauder 3
ordinary supporters. Write
for free sample on your
school letterhead. Buy
"Bub" at your sporting
goods dealer.



**THE BEST TEAMS
ARE BEST EQUIPPED**

John B. Flaherty Co. Inc.
Established 1898

611 E. 133rd St. • BRONX 54, N.Y.

ing. This also tends to sharpen his reflexes before batting.

The next important job is to teach the candidates how to go back for a ball, and here we delve into mimetics again. Line the boys up facing you in a good fielding stance. Then teach them how to go for a ball over their head and to their left.

At the word "go," they should pivot on the right foot and at the same time slide the left foot back and to the side, so that their right shoulder is pointing toward you. As they look back over the right shoulder, have them take two steps—right and left—then again pivot facing you, and reach up and catch the imaginary ball. The same maneuver should then be practiced to the right.

I have always found it helpful when going to the left, to push off with the right hand on the right knee. The reverse holds true on balls to the right.

The next step is the catch made with the back to the ball. The same procedure as in the wheel-about catch is followed here, except that both hands are thrown up together cupped toward each other slightly with palms facing the coming ball.

After the catch comes the all-important pivot to get the ball away. Many high school boys will turn to the right after a catch on their right side (back to ball), necessitating two and sometimes three extra steps.

What they should do is take one step and pivot to the left. This will bring them immediately into good throwing position.

After they have learned to synchronize their movements, start tossing easy flies over their heads, making them run about 15 feet. Then gradually increase the run up to 50 feet, depending upon the speed with which they assimilate the coaching.

Note that I said "toss" not "bat." A thrown ball can be placed much better and much slower.

The fielding of ground balls seems to come harder for beginners. A great deal of time should be spent on getting a smooth, fast start to the left, right, and straight ahead.

Here again the number method is a good teaching device. Set the group up about 30 feet away from you and have them stress a fast sprinter's start with short choppy driving steps that gradually lengthen as speed is obtained.

In going after a ground ball in his territory, the fielder should pivot on the foot in direction of the break. If the ball is to his left, he should pivot on his left foot and

make his first step with his right. Note that this is different from the pivot in going back for a ball over the head.

The boy should be taught to run on his toes, as this lessens the jar and enables him to follow the ball better with his eyes. The arms should swing in a half-bent position at the sides and should be coordinated with the leg drive. They should not be extended until the last moment for the catch.

This is a good time to start developing the boys' confidence. They have learned—by first going through the motions, then with easy catches and throws, how to go back for a fly ball and crouch for a grounder. They now believe they can catch anything, and should not be rudely disillusioned by being made to go after difficult catches.



Encyclopaedia Britannica Films

Fielding a grounder

In starting them on actual fly shagging, give them these rules to follow:

1. Relax.
 2. Each boy will have a number.
 3. When that number is called, he *must* go after the ball *wherever* it is.
 4. The ball must be thrown in properly as soon as fielded, to the given base.
 5. There is no time for horseplay. It is too dangerous.
 6. Keep spread.
 7. Play every ball safely. The beginning of the year is not the time for diving catches.
- Deploy them in a semi-circle from left to right field, about 20 yards behind the bases. If 10 fielders are being used, have numbers 1 to 5 throw to third base, and 6 to 10 to second base. Stress an overhand follow through with the right foot and shoulder (if right handed), pointing toward the target and keeping the head up.

Keep at least two balls going, being careful to place your hits at
(Concluded on page 53)

THE Machinery WASN'T GOOD ENOUGH!



RIGHT feel, correct rebound, and triple wear cannot be produced by ordinary machinery. So VOIT engineers developed new machines and techniques. For 25 years VOIT'S rigid standards and manufacturing methods have set the pace for the industry. Every VOIT label assures that extra measure of excellence to be expected in America's Finest Athletic Equipment.

FROM BALE TO BALL...

VOIT DOES IT ALL!

VOIT

NEW YORK 10, CHICAGO 6, LOS ANGELES 11

*America's Finest
Athletic Equipment*

By **RICHARD V. GANSLEN**

Richard V. Ganslen, former NCAA pole vaulting champion and one of the greatest vaulters of all time, is now an instructor of anatomy and physiology at Rutgers University.

The Pole makes the Vaulter

THE year 1947 will go down in the memory of Guinn Smith as the year he lost the national pole vault title because he used the wrong pole. Forced to employ a metal pole, after having broken his favorite in practice, Guinn's timing was so bad that the best he could clear was 13-6 after having already cleared 14-7 during the spring season.

Although the vaulting pole situation was very critical up until the fall of 1947, it has now eased up to the point where a man can again choose the pole he wants. This little article is designed to tell how a pole works and how to select the correct pole.

How the pole bends: When a pole strikes the back of the box, it assumes a slightly concave bend toward the vaulter as a result of the planting shock. This curve persists until the vaulter has launched himself onto the pole; then it gives laterally to the left and does not begin straightening out until the leg shoot and push-up have started.

How the pole bend affects timing: If the vaulting pole is too stiff, it causes the vaulter's hands (center of rotation) to rise very fast along with the center of body weight, provided the timing is correct.

If the vaulter is too fast and the pull is too slow, he will strike the bar with his chest while still rising to his peak height. The pull and turn may both be incomplete.

Beginning vaulters invariably choose a *too stiff pole* because of the breaking menace and thus handicap their learning. They often have trouble swinging past the pole and frequently develop rib bruises and thigh scrapes where they hit the pole.

Even though the mechanical form of the vaulter may appear satisfactory, he will have difficulty in pulling up before he reaches the bar (if the pole is too rigid).

A *too springy pole* provides another type of problem. When the vaulter swings and pulls on the pole, the pole bends excessively out of line. Instead of the center of body weight rising smoothly forward and upward, the rise will be delayed as the pole gives.

The pole will retain so much momentum due to this artificial lowering of the hand-grip, that the vaulter will have difficulty keeping his momentum coordinated with his hand-grip.

The rise of the body weight will be more abrupt (poorer distribution of work). In actual practice, the vaulter could start the pull sooner, because the bend will conserve the momentum of the pole as the body weight drops nearer the base of the pole. But the speed of the hands and body weight will get out of proportion to each other and timing difficulties will develop.

In vaulting pictures taken of Sueo Ohe, the Japanese vaulter,



From "Pole Vaulting" reel of Track and Field Series by United World Films

and of N. Ozolin, the only Europeans to beat 14½, their poles bent out of line 1½ feet from the normal.

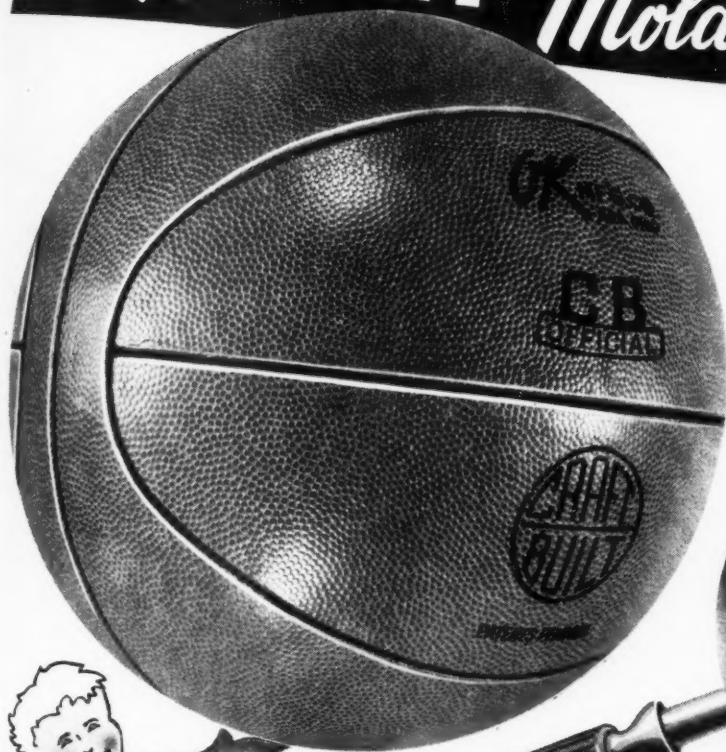
Ohe was very fast on the runway and weighed 136 pounds for his 5 feet 9 inches. Ozolin, an exceptional gymnast, only 5 feet 6 inches (smallest man in the world to beat 14 feet) and weighing 158 pounds, got an effective push-up of 2 feet 8 inches.

With a very springy pole, the vaulter's center of body weight may drop toward the ground as much as 7 inches in the pull-up. This *will not* increase the velocity of the vaulter's swing as might be assumed, for the simple reason that there has been no increase in the distance between the vaulter's hands and center of weight. (This is the law of the pendulum.)

In normal vaulting, the slight extension of the arms to take up the shock of the take-off helps conserve the momentum of the vaulter and the pole. In this instance, however, it only conserves the pole momentum. Any slight added strain on the pole at this time due to bad timing, will undoubtedly snap the pole.

How much should the pole bend: No vaulting pole should bend more than 3 inches out of line when the

A New TYPE Molded Basketball



CAN-NOT PEEL



Leather vulcanized into carcass

- ...CRAFT BUILT is a completely official molded basketball.
- ...CRAFT BUILT cannot peel. Leather is vulcanized into sturdy fool-proof carcass making separation between the two impossible.
- ...CRAFT BUILT is the first molded basketball with simple 4-piece leather construction.
- ...CRAFT BUILT has no exposed seams. This eliminates wear.
- ...CRAFT BUILT is guaranteed to hold its true spherical shape.
- ...CRAFT BUILT gives consistent rebound at all times—no dead spots.
- ...CRAFT BUILT is made of only the finest materials obtainable.

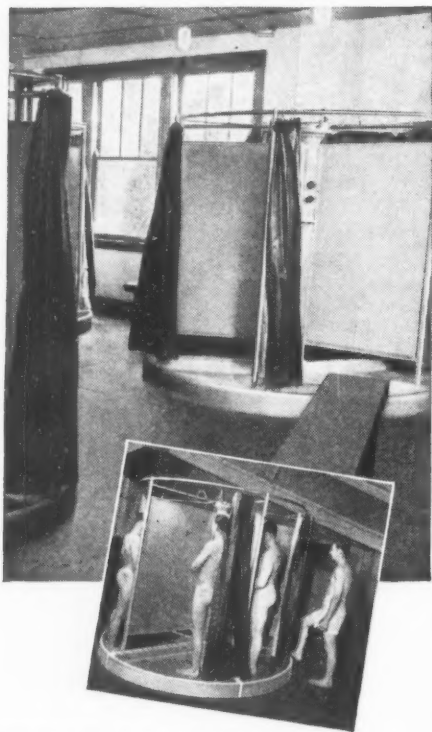
For more complete information on this outstanding number, write to Dept. D,
Ohio-Kentucky Mfg. Co., Ada, Ohio.



Sporting Goods

FOOTBALLS • BASKETBALLS • SOCCER BALLS • VOLLEY BALLS
BASEBALL AND SOFTBALL GLOVES AND MITTS • STRIKING BAGS • BOXING GLOVES

SANITATION + ECONOMY + DURABILITY



THESE ADD UP TO— **BRADLEY MULTI-STALL SHOWERS**

Wash facilities, to be complete, require some form of shower convenience. Modern schools, clubs, gymnasiums, recognizing this need, have selected Bradley Multi-Stall Showers for maximum sanitation, economy of operation and long-life durability.

One Bradley 5-Stall Shower unit requires only 3 plumbing connections in comparison to 15 needed for 5 "single-stall" units. This simplified installation plus complete absence of corners and dirt-collecting pockets cuts cost of upkeep and janitor detail. Savings are also realized through lower hot water costs made possible by reduced water consumption.

Whether you are erecting a new building, modernizing an existing structure or expanding present facilities, Bradley 5- or 3-Stall Shower units can be installed quickly and easily on any kind of floor including wood . . . **BRADLEY WASHFOUNTAIN CO.,** 2361 W. Michigan St., Milwaukee 1, Wis.

Distributed Through Plumbing Wholesalers
Send today for new illustrated Catalog 4701.

BRADLEY
multi-stall showers

vaulter is holding it at his top hand-grip.

Several crude but effective tests are outlined here.

Check #1: Stretch the vaulting pole between two hurdles or chairs so that the butt end is suspended below the first joint. Place the top end of the pole, at the highest hand-grip you intend to use the pole, so that it is directly over the upper point of support.

Suspend a weight of 25 lbs. midway between the point of the highest hand-grip and the butt end of the pole. With a line stretched between the high points of the pole, at the point of support, the pole should not give more than 3 to 3 1/4 inches.

A pole that meets the above conditions would be said to have a moderate bend.

Check #2: Now rest the butt end of the pole on the ground and grasp the pole in your two-hands-together grip, as if you were actually pushing up on the pole, leaving a space of approximately 2 feet between the top of your right hand and your shoulder blade. Then spring the pole toward the ground with moderate force. It will bend somewhat more than 3 inches this way. Does it spring back fast? Listen for cracks.

Check #3: Insert the butt end of the pole in the box and then reverse your body so that you are facing up the runway, grasping the pole as if you were pulling up on it in a regular vault. Allow your knees to bend a bit and pull hard against the pole as in a regular vault. Throw your weight against the pole lightly and listen for cracks. Now you have a good pole.

Check your vaulting pole every day you vault and between jumps in competition, especially before trying higher vaults. If it cracks or bends too much throw it away. *It's your life or the pole's.*

GENERAL CONSIDERATIONS

1. Choose your pole *first*, for strength, *second* for spring, and *third* for balance. A pole can be balanced nicely with a heavy fishing sinker in the upper end when necessary.

2. The girth of the pole has no direct relationship to its strength, rigidity or weight. A pole with a 5-inch circumference should probably be minimum for American jumpers with 6 inches nearer the average at the mid-point.

3. The pole must *spring fast* and not more than 3 inches from the true line. It should spring uniformly from top to bottom.

4. Keep the pole always in a cool and slightly damp place, and bring it indoors at the last minute for indoor meets.

5. A too stiff pole rushes the pull-up and causes many younger vaulters to strike the pole on their swing. Most top vaulters can compensate for a too stiff pole if they slow down their run a little.

6. A moderate pole bend allows a moderate easy swing past the pole, keeps the center of body weight over the base of the pole in the swing and pull-up, and gives the vaulter a fraction of a second more to pull-up in. A too rigid pole causes poor vaulters to swing toward the side in their vaults.

7. With a very flexible pole, a short vaulter can hold higher and run faster because it gives him more time to pull up and the pole bend conserves the momentum of the pole.

8. Many young vaulters are being handicapped by the use of poorly designed metal poles. These poles are too rigid, frequently develop kinks and bends, and will snap off more quickly than a bamboo pole under these circumstances. There is a real need for a scientifically designed metal vaulting pole!

9. Vaulters who are weak in arm strength in proportion to their speed get the most benefit from a springy pole. It gives them added time to pull up.

10. Another peculiarity is, that vaulters who run quite slowly and have very strong arms use the opposite principle. They compensate for a low swing velocity with a maximum pull-up effort and can pull sooner and harder *because the bend conserves the pole's velocity.*

11. It is preferable for beginners to use a safe but springy pole and gradually go over to the stiffer pole, as they improve their timing.

There is not much basis to the business of drilling holes in the various sections of a pole to let out the impacted air. A technique was devised by the writer whereby the pole sections could be penetrated with a hollow needle and the gas released at will.

Poles crack because of stress and strain and *differential drying out rates of the wood cells* which go to make up their substance. Avoid poles that do not have the bamboo color because most of this color is the result of a drying process known to only a few in the Far East. To date, these poles have given the best results.

Next month: How the great vaulters (Warmerdam, Meadows, Smith, Sef-ton, Morcom, and Richards) train and vault.

MacGregor GoldSmith

SPORTS EQUIPMENT



"Scores in Every Field of Sport"



Across the nation — in the Professional Leagues and on the sand-lots — players now in the spotlight and many others destined for future fame are using and will continue to use MacGregor Goldsmith sports equipment for top performance.



MACGREGOR GOLDSMITH INC., Cincinnati 14, Ohio, U. S. A.





U.S. Naval Academy Photo

Classroom Approach to Wrestling

THIS brief course on wrestling was introduced at Champlain College as part of the regular physical education program, and proved quite successful in orienting students in that sport.

Most of the students had never seen an amateur wrestling bout before and had some strange conceptions as to how one was conducted. Changing those mistaken notions became our first problem.

The first lesson, therefore, was devoted to a lecture-demonstration of an amateur wrestling bout. The evident differences between the professional and amateur brands of wrestling, were pointed out and many of the acrobatic tricks of the professionals such as strangle holds, flying mares, toe holds, leg spreads, Indian death locks, etc., were vividly demonstrated as definitely *not* being part of the amateur game.

The many students who had had combat wrestling training in the services presented another problem. Wrestling to them meant the use of grips or locks for the purpose of maiming or killing.

A discussion and demonstration of the legal and illegal holds helped

clear up that misconception. It was stressed that when two amateurs engaged in a wrestling bout, they each had the same purpose in mind, namely to pin the opponent's shoulders to the mat without using anything that would endanger life or limb.

With the help of two varsity wrestlers, a dummy bout was staged to explain the rules, conduct, and scoring of a match. Terms such as "position of advantage," "neutral position," "take-down," "reversal of position," "near-fall," etc., were demonstrated as well as explained.

CLASSROOM ORGANIZATION

The next six periods were all conducted in the same manner. Each period lasted 45 minutes, actual class time, and was divided roughly in the following way:

5 minutes: *Warm-up drills*, consisting of light calisthenics, some forward and back rolls, and some bridging.

8 minutes: *Review* of holds learned previously.

25 minutes: *Teaching new holds*.
5 minutes: *Actual wrestling*, using holds learned.

2 minutes: *General interest*, demonstration of complicated holds such as "grapevines," "keylock," "hook-scissors," or any hold that might be of interest to the student but for which there is no time to teach in class. (These few minutes created quite a lot of interest on the part of the student.)

TEACHING TECHNIQUES

Because of the time element, the major method of teaching used was one in which the instructor demonstrated the hold and the student imitated. However, every attempt was made to pose questions to the class, so that the students would think the holds out for themselves, rather than merely imitate them.

A well-posed question helps considerably in developing that wrestling "sense" or "know-how" which all good wrestlers must have. Questions and answers make for more student participation and thus better learning. Students were encouraged to ask questions, too.

The general procedure followed in *teaching* a new hold was as follows:

1. The instructor demonstrated the hold in its entirety.

2. The instructor demonstrated the various steps involved in executing the hold—asking questions

By RALPH CUTLER

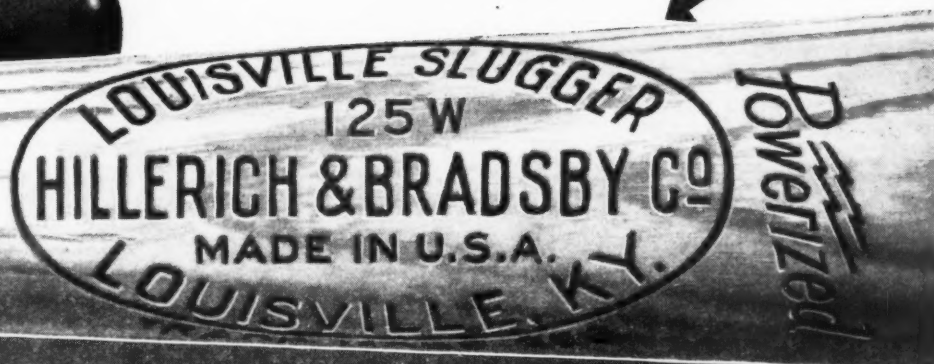


22 Models

TO MEET THE NEEDS OF
ALL SOFTBALL PLAYERS

IT TAKES a great variety of models to meet softball players' bat requirements. That's why H&B . . . with 22 expertly designed models . . . makes it possible for every kind of batter to choose exactly what he or she wants. In Softball as in Baseball—the Louisville Slugger name stands for the best in bats. It pays to play with the finest!

look for the oval trade mark



SOFTBALL Bats



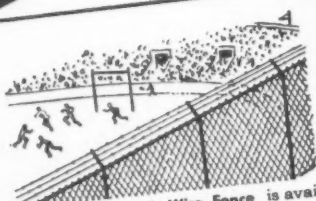
Hillerich & Bradsby Co., Inc., Louisville, Kentucky

ALSO MAKERS OF *Autographed* LOUISVILLE SLUGGER BASEBALL BATS

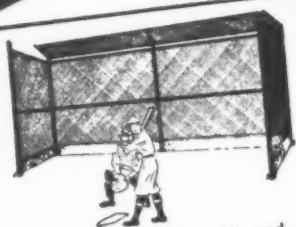
AND LOUISVILLE GRAND SLAM GOLF CLUBS

STEWART FENCES AND METAL SPECIALTIES

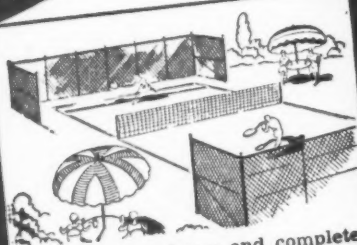
Stewart Fences and Metal Specialties meet virtually every school requirement. In addition to the products shown, there are such items as: window and skylight guards; wire mesh partitions, steel gates; flag poles, steel settees; bronze plaques and many others. If the products in which you are interested are made of iron, wire or bronze, it will pay you to write us.



Stewart Chain Link Wire Fence is available with or without barbed wire overhang arrangement. Style 3TH (three wires) is shown. Style 5TH has five wires at top, and 0TH, no wires.



Baseball Backstop is 20' wide and 12' high with a 10' wing set at an angle on either side. A 4' overhang at top deflects upbouncing balls.



Tennis Court Backstops and complete enclosures are available in heavy-weight construction only, and in one height, 12'.

When requesting information, please be sure to mention products in which you are especially interested.

The Stewart Iron Works Co., Inc.
1575 Stewart Block Cincinnati 1, Ohio
Experts in Metal Fabrications Since 1888

Stewart IRON
and WIRE
FENCES

and explaining as he demonstrated.

3. Each student tried the grip two or three times on his partner, step by step, as the instructor called out helpful descriptive cues. (Details will be given in the actual lesson plan.)

4. The same student worked the hold in its entirety, when the instructor gave the signal "wrestle."

5. Partners reversed positions and the same procedure was followed.

No resistance was allowed while the holds were being learned.

The general procedure followed in reviewing the holds learned in the previous lesson was:

1. The instructor quickly demonstrated the various steps of the hold.

2. The student went through the hold by steps.

3. The student worked the hold in its entirety.

4. Students reversed positions.

Again because of the time element, and because it was too dangerous for beginners, wrestling from a stand was covered in only one period. No actual wrestling was done, although the students did go through the holds slowly. This one period was included because it was felt that the students should at least have a taste of wrestling from a stand.

Below will be found the details of the lesson plan as used at Champlain College. Appropriate comments have been added. Since Lesson 1 consisted of the introductory lecture - demonstration, we shall start with Lesson 2.

LESSON 2

I. Warm-up.

II. Balanced all-4 position:

(a) Knees comfortably apart.

(b) Buttocks back toward the heels.

(c) Head up.

(d) Hands on mat—not too far forward nor too far back—shoulders-width apart.

In teaching this position, ask one of the students to demonstrate what he thinks a good balanced all-4 position should look like. (Pick out the student least likely to show it correctly.) Have the other students pick out the flaws and then develop the proper position by themselves.

Compare the all-4 position to a table with four legs. Show how a man with his legs very close together has only three supports, to all intents and purposes. We know that a 3-legged table is less steady than a 4-legged one.

In the same manner a wrestler with 3 supports is less stable than one with 4; and one with 2 supports is less stable than either of those two. A wrestler who is unstable will find that his opponent will be able to move or take him down very easily.

In wrestling the opposite should apply. A man should make it as difficult as possible for his opponent to move him—hence the necessity of a good balanced position, not only while on all-fours, but at all times. This can serve as a good functional definition of "balance."

Have the students assume a balanced all-4 position. Make corrections.

III. Referee's position.

(a) Defensive man: 1. Both knees on mat—lower legs parallel. 2. Knees not more than width of shoulders or hips apart. 3. Heels of both hands on mat not less than 12 inches in front of knees.

(b) Offensive man: 1. May kneel on either right or left side of opponent; for uniformity sake, place all men on left side. 2. Right knee by bottom man's left ankle. 3. Knees comfortably apart. 4. Right hand rests loosely around opponent's waist. 5. Left hand rests loosely on opponent's left elbow.

Stress good balance for both men.

We now proceed to our first take-down from the referee's position.

IV. Far arm and far ankle:

(a) Reach under bottom man's left hand and grab his right arm above elbow with your left hand.

(b) Turn perpendicular to bottom man, keeping legs well apart.

(c) Grab right ankle of bottom man with your right hand.

(d) Place left shoulder well up against bottom man's ribs.

(e) Pull arm and leg towards you at same time, using your shoulder to push man to mat.

Right from the beginning, try to develop a general principle which will apply to all offensive as well as offensive-defensive wrestling, namely that you first must try to make your opponent unstable by reducing the latter's number of supports from 4 to 3 or even 2. Then get into that position from which you can best use your maximum force on your unstable opponent.

In teaching this grip, show how pulling the arm and leg towards you, reduces the bottom man's number of supports to 2, thus making it easy for the top man to force him down with his shoulder.

V. Simple blocks for the "far arm and far ankle" take-down:

**Puts new life
in your plays!**



EASY TO APPLY



100% SLIP PROOF



EASY TO MAINTAIN

SEAL-O-SAN

GYM FLOOR FINISH



LASTS LONGER

**ASK ABOUT OUR NEW
TRAINING FILM ON
"SCIENTIFIC FLOOR
MAINTENANCE"**

HUNTINGTON LABORATORIES, INC.

HUNTINGTON, INDIANA



TORONTO





TOUGH TO BEAT

For all around fun, a game everybody can enjoy, you will find horseshoe pitching hard to beat. And for first quality equipment, you can't beat Phoenix. These drop forged steel shoes and stakes are made to take the roughest use. They're perfectly balanced, official weight and available now in pairs, sets or in quantity for school use. Through your regular supplier or direct.

PHOENIX
MANUFACTURING COMPANY

Joliet,
Illinois



Catasauqua,
Pa.



(a) Bottom man sticks right leg out to the side.

(b) Bottom man sticks right arm out to the side.

Explain to the students that most holds can be blocked, broken, or countered. Only a few simple blocks will be given for some of the holds. Also explain that in blocking one grip, one may leave himself open for another hold.

In teaching this next hold, have one man lie on his back. The top man kneels on his opponent's right, perpendicular to the latter's shoulders.

VI. Reverse $\frac{1}{2}$ -nelson and crotch pin:

(a) Slip left arm under back of bottom man's neck and grasp his left arm-pit from above.

(b) Place right hand in crotch.

(c) Place chest on bottom man's chest.

(d) Flatten out—feet wide apart—perpendicular to bottom man's shoulders.

(e) Bury head against opponent's left side.

Have the bottom man try to get out after the hold has been taken for the first time. Most of the students will be amazed at how effectively they can hold their opponents down. After each man has tried the hold, the teacher demonstrates the various breaks for the hold.

VII. Breaks for the $\frac{1}{2}$ -nelson and crotch pin hold:

(a) Reach under top man's chin with either or both hands and push him off.

(b) Put left hand on waist and roll towards top man.

(c) Put right hand on own waist and roll away from opponent.

(d) Sit up.

If the top man's legs are not perpendicular to the bottom man's shoulders, show how the latter can sit up by simply getting up to his elbows and then pushing up from the mat with his hands.

On the other hand, if the top man is in the proper position, show how the defensive man can disturb that position by spinning his legs around towards the top man's legs. A perpendicular position no longer exists. Now the bottom man can sit up.

Point out the fact, however, that the top man can counter by swinging his legs around to maintain the perpendicular position. It now boils down to a question of who is quicker and stronger. That man will prevail.

VIII. Pin hold directly from take-down:

On signal "wrestle" the top man

takes his partner down with a far arm and far ankle and goes directly to the pin grip.

Explain to the student that the bottom man does not sit around on the mat waiting for the top man to clamp all kinds of holds on him. He must try to get out by moving first. That brings us to our first escape or rather reversal of position.

IX. Side roll:

(a) Grasp top man's right wrist (the one around your waist) with own right hand.

(b) $\frac{1}{2}$ -turn left towards top man bringing your knees together.

(c) Roll opponent over back, maintaining hold on wrist.

(d) Scissor left leg under right and turn towards opponent.

(e) Right hand to crotch.

(f) Left hand to regular $\frac{1}{2}$ -nelson.

(g) Legs perpendicular to shoulders of man who is now on bottom.

X. Blocks for side roll: As bottom man begins to roll,

(a) Top man jumps to the other side.

(b) Top man flattens out on top of opponent.

LESSON 3

I. Warm-up.

II. Review:

(a) Referee's position.

(b) Far arm and far ankle.

(c) $\frac{1}{2}$ -nelson and crotch.

(d) Side roll—show the variation of locking the top man's right elbow with own right arm—instead of grasping wrist. Roll is the same.

III. Far knee and far ankle:

(a) Turn perpendicular to top man.

(b) Left hand grasps bottom man's right knee.

(c) Right hand grasps bottom man's right ankle.

(d) Pull knee and ankle towards you and push man to mat.

(e) Work way up to a $\frac{1}{2}$ -nelson and crotch.

Point out to the students, that this hold can be used if the top man has blocked your try for a far arm and far ankle.

IV. $\frac{1}{2}$ -nelson and crotch from referee's position:

(a) $\frac{1}{2}$ -nelson with left hand.

(b) Perpendicular to bottom man.

(c) Right hand in crotch.

(d) Push into pin.

(Continued on page 56)

a far
direct-
at the
nd on
man
i him.
oving
st es-
sition.

wrist
with
man

back,

right

-nel-

moul-
tom.

bot-

other

top

ria-
ght
ead
me.

top

om

om

rd

son

nat

an

rm

om

om



**EVERY
STITCH
LOCKED
IN**

**ON EVERY ONE OF
125
PRODUCTS
STARRING IN THIS
NEW
CATALOG**

This exclusive Dandux feature brings you longer wearing, non-raveling equipment at no extra cost! . . . Just one more reason why the first look inside this catalog will make you too exclaim . . .

**DANDUX-
that's IT!**

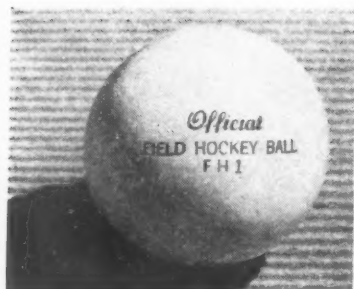
SPORTING GOODS DIVISION
C. R. Daniels, Inc., Daniels, Maryland
Please send your 1948 catalog to
NAME _____
ADDRESS _____
My Dealer is _____

... And the outstanding star is Dandux' new Plastic Football Helmet made of Good-year pliolite!

For 1948

NEW EQUIPMENT

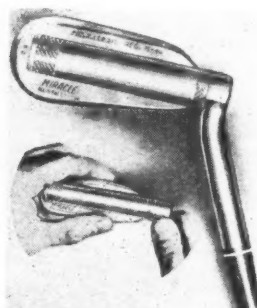
As a service to its readers, Scholastic Coach offers this periodic round-up of new sports equipment items. For further information write to: Scholastic Coach, New Equipment Dept., 220 E. 42 St., New York 17, N. Y.



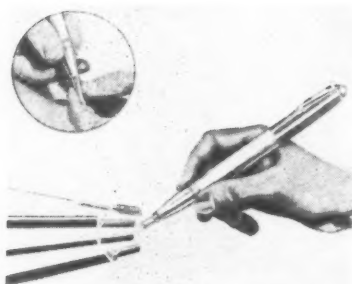
• **FIELD HOCKEY BALL AND PUCK.** The famous W. J. Voit Rubber Co. line is once again available. The field hockey ball features a new type of composition cover and compression formed center which give exact performance throughout the ball's triple-plus playing life. The puck, durably built for the hardest knocks, is fashioned from specially processed semi-hard rubber, and will maintain official standards throughout unusually long life.



• **ONE-PIECE MOULDED HELMET.** Cool, light, strong, well-ventilated, the Dandux plastic helmet provides maximum protection with a strong web suspension and strategically placed soft leather and foam rubber paddings. Entire unit fits snugly. Comes with adjustable elastic chin strap, leather chin pad and snap fasteners. Will not bobble on head.

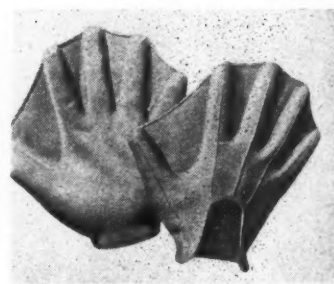


• **ALL-IN-ONE CLUB.** This "Miracle" golf club, produced by C. V. Winter Mfg. Co., contains nine calibrations which enable you to turn the head and get any club from no. 1 to 9, plus putter. Conversion requires only two seconds. Comes in 36, 37, and 38" lengths. Head is of stainless steel; grip, of fine leather.

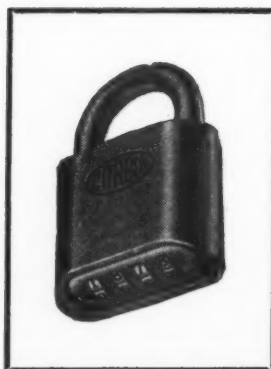
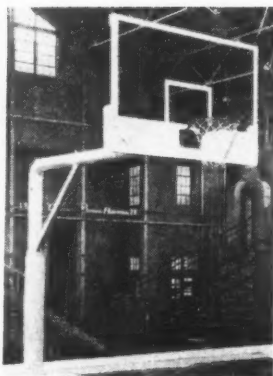


• **MARKING INSTRUMENT.** Automatic valve-controlled pocket fountain brush marks on any surface, producing a fine or broad line by use of special adapter and hard felt nibs. (Cushman and Denison Mfg. Co.) Nibs are interchangeable.

• **SWIM GLOVES.** Produced by Healthways of Hollywood, these Speed Web Swim Gloves make swimming easier. The web-finger construction is designed to cut water like a knife, prevent slide slipping, and help body glide.

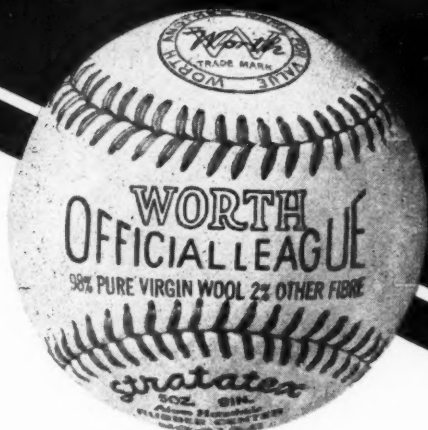


• **BANK SUSPENSION.** This device, consisting of only a single upright, placed well off the court, reduces injuries and permits more freedom of movement out of bounds. When used with a Nurre transparent plate glass bank, it greatly improves spectator vision and increases number of desirable seats.



• **COMBINATION LOCK.** The Corbin Sesamee padlock locks and unlocks without keys—merely by dialing a personally selected combination number. Made of forged brass with rustproof mechanism, with shackles of case hardened nickel-plate. Available in three models. Sturdily constructed for long service.

STRIKE



On the Budget

Start the 1948 Baseball season with one strike on your athletic budget. Make two balls do the work of three with 912-C, the ball that pays dividends in extra innings of service.

WORTH No. 912-C has consistently made performance records in both Professional and Amateur leagues. A new Professional league using 912-C reports a very successful initial season in 1947 and one of the factors in the League's favorable expense ratio is evident in the choice of balls. The baseballs required averaged only seven per game for this Professional play. Another outstanding record for WORTH quality.

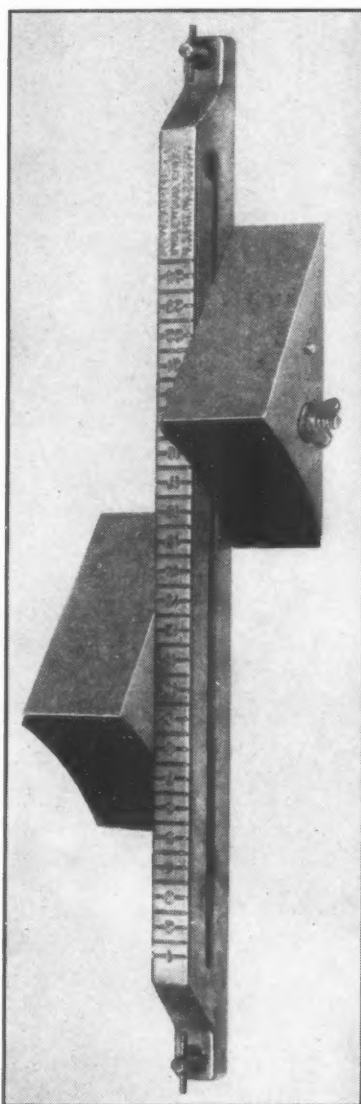
THE LANNOM MANUFACTURING CO.

Tullahoma, Tenn.

Grinnell, Iowa

WORTH-another name for VALUE

ARNETT STARTING BLOCKS



HAS INDIVIDUAL ADJUSTMENT
(takes 3 to 7 seconds)

HAS REPLACEABLE FOOT-FACINGS
Made of Aluminum Alloy

IS FULLY GUARANTEED
(materials and workmanship)

EASY TO HANDLE OR STORE

SCHOOL PRICE

\$18.00 ea., F.O.B. Inglewood, Calif.

Send order number or write for literature to:

RICHARD W. ARNETT

8705 Fifth Avenue, Inglewood, California

SPORTSMANSHIP RATING CARD

SPORT _____ PLACE _____ DATE _____

OFFICIALS PLEASE CHECK TO INDICATE YOUR JUDGMENT OF THE CONTENTING TEAMS
AND THEIR SUPPORTERS. AND DROP DIRECTLY IN MAIL BOX IMMEDIATELY AFTER GAME.

	HOME TEAM			VISITING TEAM		
	GOOD	AVERAGE	POOR	GOOD	AVERAGE	POOR
SPORTSMANLIKE CONDUCT OF						
1. SCHOOL OFFICIALS						
2. PLAYERS						
3. ROOTING SECTIONS						
4. SPECTATORS						

Mr. A. D. Bragg, Jr., Chairman
Coeburn, Virginia



Sportsmanship!

By L. F. ADDINGTON

AT a planning meeting in the early autumn of 1947, the school administrators and coaches of District 8 of the Virginia League, spurred by the tremendous rise in their game crowds and a general deterioration in sportsmanship, decided it was time to do something about improving the conduct of all people connected with athletic contests.

Their first action was the appointment of a committee to plan and lead a sportsmanship drive. Each member school promised to cooperate with whatever plans this committee decided upon. The committee decided:

1. To request every school principal (a) to read to his student body the Sportsmanship Code printed in the League Bulletin; (b) to ask the student body to cooperate in telling the fans that sportsmanship was part of the school program; (c) to use both the school and community papers to publicize the drive; and (d) to have speakers at clubs present the plan whenever possible.

2. To have game officials rate the spectators, school officials, cheering sections, and players on sportsmanship conduct.

3. To award a trophy to the school scoring highest during the season.

The scoring card is shown in the accompanying illustration. As you can see, it is a simple postal card, printed and addressed and ready for mailing. The ratings include: Good, with a point value of 5; Average, with a point value of 3; and Poor, with a point value of 1.

After being filled in by the game officials, the card is sent directly to the president of the district.

The author has been principal at Wise (Va.) High School for 18 years and currently is serving as chairman of the Sportsmanship Committee of District 8 of the Virginia League.

The sportsmanship committee, which served as a public relations medium as well, also prepared the following information for newspapers and all game programs:

1. *Specific practices we hope to discourage:*

- (a) Discourtesies toward officials.
- (b) Unreasonable protesting on the part of coaches, captains, and school officials in general.
- (c) Booming the decisions of officials.
- (d) Booming opposing players.
- (e) Display of temper by the players.
- (f) Unreasonable demonstrations by the winners.
- (g) Gambling, drinking, and quarreling.

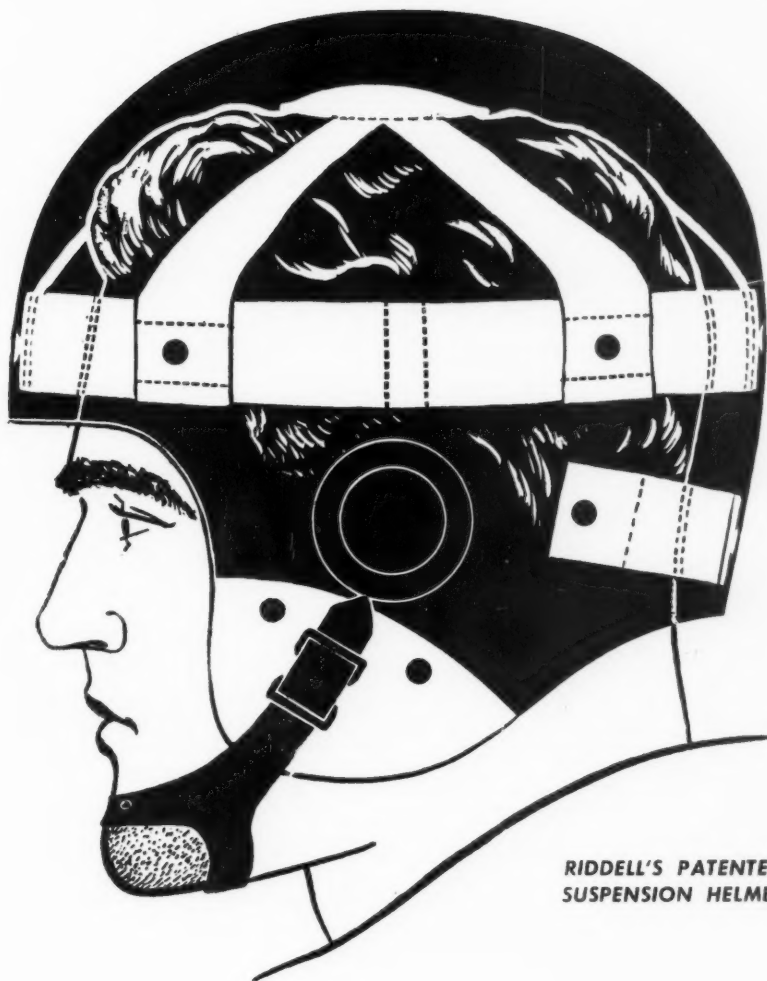
2. *Specific practices we hope to encourage:*

- (a) Respect for the fair-mindedness of officials and their knowledge of the game.
- (b) Courtesy toward opponents at all times.
- (c) Applause for good playing by opponents as well as the home team.
- (d) Cheering injured players—both visitors and home team.
- (e) A good losing spirit as well as a good winning spirit.
- (f) A general friendliness between schools.

Law enforcement agencies were contacted and willing promises extracted from deputy sheriffs, highway police, and local police to be on hand to help with the traffic.

It all turned out very happily.

Your team deserves the BEST



RIDDELL'S PATENTED
SUSPENSION HELMET



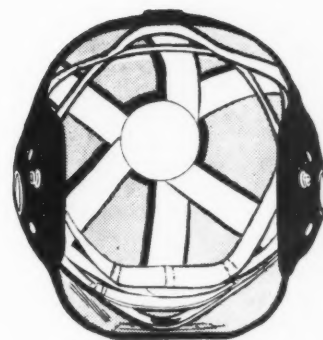
That means every boy on your Football Squad should be equipped with a RIDDELL Suspension Helmet. This revolutionary design, introduced and patented by RIDDELL, furnishes the safest and most comfortable head protection ever devised for football players. Notice how the player's head does not touch the helmet at any point—which means that the shock of every blow is distributed evenly over the entire head! The use of Tenite* as a surfacing material makes this helmet the strongest, most durable, and most attractive helmet in the field.

*Tenite—a product of Tennessee Eastman Corp. (a subsidiary of Eastman Kodak Co.)

Place your orders now through your RIDDELL dealer

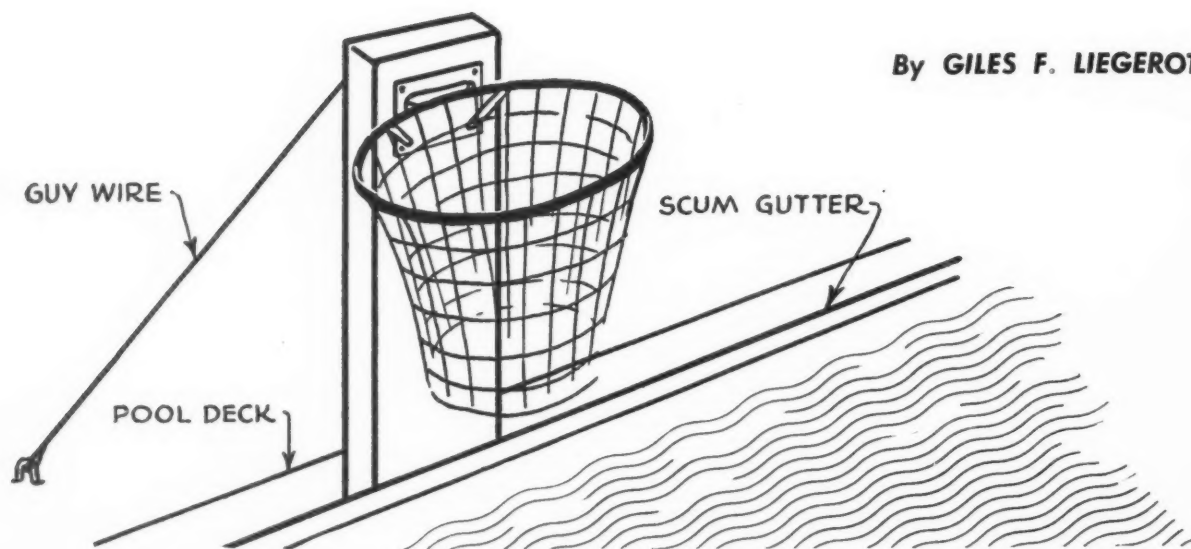
RIDDELL

THE HOUSE OF QUALITY AND SERVICE



This carefully designed doubly reinforced inner suspension eliminates the danger of concussions and head injuries.

1259 NORTH WOOD STREET
CHICAGO 22, ILLINOIS



SWIMMING instructors harassed by demands for competitive games will find water basketball a vigorous, stimulating answer to the problem. Evolved while the writer was swimming director at Camp Round Meadow (maintained by the Los Angeles YMCA), it proved exceedingly popular with every type of swimmer.

As its name implies, the game is closely patterned after basketball. Think of passing and shooting a basketball while trying to keep afloat, and you will gain some idea of the strenuousness of the game.

To safeguard the health of the participants, the game is broken up into six four-minute periods. Three periods constitute a half with two-minute rests between periods and a five-minute intermission at the half.

The game is played between two teams of from three to seven players. As in basketball, the idea is to shoot the ball into the offensive basket. The ball may be passed, thrown, batted, or carried in any direction, subject to the restrictions of the rules.

Rule 1—"Equipment."

Sec. 1: The playing court shall be the deep end of any swim pool.

Sec. 2: The baskets shall be regulation rings of 18" with nets, mounted on 2 x 10" planks so that the ring is 3 feet above the surface of the water. The baskets should be 12 feet from the end of the pool.

Sec. 3: The ball shall be a regulation rubber-covered basketball.

Sec. 4: The players of each team should wear uniform colored swim caps in contrast to those of the opposing team.

Rule 2—"Officials."

There shall be one or two referees to control the play—calling

all fouls, infractions and violations. They shall be stationed near each basket on the pool deck. If one official is used, he should take his position on the one-meter board.

Rule 3—"Definitions."

Sec. 1: The ball becomes dead when: (a) it bounces on the top surface of the pool deck or touches a player who is in contact with the deck or wall of the pool; (b) a foul occurs; (c) a violation occurs; (d) the official's whistle blows; (e) time expires.

Sec. 2: The ball becomes alive when: (a) it leaves the official's hand on a toss-in; (b) it crosses the line on an out-of-bounds toss-in.

Sec. 3: A personal foul is one which involves contact with an opponent while the ball is in play.

Sec. 4: A technical foul is one which occurs while play is suspended or one which does not involve contact with an opponent.

Sec. 5: A player is out of bounds when he contacts the wall or deck of the pool.

Sec. 6: The ball is out of bounds when it bounces on the horizontal surface of the pool deck or on any obstruction not directly over the playing surface.

Sec. 7: A violation is a rule infraction not involving a foul.

Rule 4—"Scoring and timing."

Sec. 1: A goal is made when the ball enters the basket from above and remains in or passes through it.

Sec. 2: A goal from the field counts 2 points.

Sec. 3: A goal from the field in which the shooter is fouled during the shooting counts 3 points.

Sec. 4: If a player is fouled in the act of shooting, it shall count 2 points regardless of whether or not the try is successful.

Sec. 5: A personal or technical foul committed while no attempt is being made to shoot shall add 1 point to the score of the offended team.

Sec. 6: The playing periods shall be of 4 minutes duration, six periods constituting a game. If the score is tied at the end of the playing time, play shall continue until one team scores.

Sec. 7: The watch shall be stopped only when time out is called by either team.

Sec. 8: Five charged time-outs may be granted to each team during regular playing time. Excess time-outs shall add 1 point to the opponents' score.

Sec. 9: After a time-out, a basket, or a rest period, the ball shall be put in play by a throw-in from out of bounds by the team last in control of the ball.

Sec. 10: After a foul, the ball shall be put in play with an unobstructed pass by the offended player. (Note. The defensive players shall be at least six feet from the offended player on the play. The official takes only enough time to call the foul, signify the offender, and ascertain that all players are the required distance from the ball.)

Sec. 11: After a violation, the team offended shall put the ball in play by a toss-in from out of bounds.

Rule 5—"Playing regulations."

Sec. 1: At the start of the game and the fourth period, all players

**A
Tournament
Winner**



*For quick starts and
sure stops—this outsole
has no equal.*

Championship teams are easily identified by championship Shoes! No other shoe has so rapidly earned the approval of Coaches and Players as the Beacon Falls "FLASH".



Sold only through authorized Sporting Goods Dealers

A PRODUCT OF

BEACON FALLS RUBBER FOOTWEAR

BEACON FALLS, CONNECTICUT

111 NORTH CANAL STREET
CHICAGO, ILL.

209 NORTH FOURTH STREET
MINNEAPOLIS, MINN.

191 HUDSON STREET
NEW YORK, N. Y.

Let's watch THE FOOT. OF THE CLASS!



Healthy feet are winning feet. That's why coaches of many leading schools and universities always specify ALTA-CO Powder to help prevent Athlete's Foot.

Simple, economical. One pound makes a gallon.

Kills all different species of common Athlete's Foot fungi and their tough spores.

SPEEDY—Kills in less than 60 seconds.

Non-irritating to the skin. Does not damage towels.

Stable in solution. Can be quickly checked by inexpensive Alta-Co Tester.

A tried and proved fungicide. Get the evidence—verbatim reports by medical authorities.

Write today for our 36-page illustrated booklet "ATHLETE'S FOOT—A Public Health Problem."

**Alta-Co Powder Provides
TESTED SCIENTIFIC CONTROL**

Alta-Co. POWDER

The C. B. DOLGE CO. Westport, Connecticut

must be in contact with the side of the pool, not on the deck. The official shall toss the ball to the center of the court and sound the whistle to signify that the players may dash in to gain possession of the ball.

Sec. 2: When a held ball is called, the official shall put the ball in play in the same manner.

Sec. 3: After a goal, the ball shall be thrown in by a player of the team scored upon from the edge of the pool.

Rule 6—"Out of bounds."

The ball is out of bounds when it touches a player who is in contact with the pool wall, when it touches the horizontal surface of the pool deck or passes over it, and when the ball touches any obstruction not directly over the surface of the water.

Rule 7—"Violations." A player shall not:

Sec. 1: Cause the ball to go out of bounds.

Sec. 2: Touch the ball while in contact with the pool wall or any part of the structure.

Sec. 3: Strike the ball with the fist.

Penalty—ball awarded to opponent out of bounds.

Rule 8—"Technical fouls." A player shall not:

Sec. 1: Delay the game.

Sec. 2: Request excessive timeouts.

Sec. 3: Use unsportsmanlike tactics.

Sec. 4: Take the ball under the surface of the water.

Sec. 5: A substitute shall not enter the court during playing time.

Penalty—1 point added to the score of the offended team.

Sec. 6: Personal foul—a player shall not hold, push, or impede the progress of an opponent by an extended arm or leg or both, nor use any rough tactics. (Incidental contact in a legitimate attempt to secure a free ball is permissible.)

Penalty—1 point added to the score of the offended team; 2 points if the foul occurs during an unsuccessful try for goal; 3 points on successful try.

COMMENTS ON THE RULES

There is no dribbling in this game. A player may advance the ball in any directions by swimming with both hands clearly in contact with the ball.

Since a man in possession of the ball is more apt to foul than the men covering him, care should be taken by the official to observe the hands and feet of such players.

After three seasons of experience with this game, I would list the benefits as follows: (1) it promotes a feeling of ease in the water; (2) it increases lung capacity; and (3) it develops maneuverability and the ability to sustain oneself without support in the water.

Giles F. Liegerot is a physical education instructor at Christian Brothers School, Sacramento, Calif.

How to Promote Your ELIGIBILITY CODE

DURING the past year the Idaho High School Athletic Association, in an effort to firmly inculcate its eligibility code among the schoolboy athletes in the state, sent every school under its aegis an attractive three-colored poster containing the state code.

States that have eligibility difficulties may borrow this idea with considerable profit.

The poster read as follows: *Attention, Athletes! You are eligible:*

1. If you are a regular high school student.

2. If you passed in three solid subjects last semester.

3. If you were in school last semester and not out more than two weeks at the end of the semester.

4. Not over 19 years of age.

5. In grades 9, 10, 11 or 12.

6. If you have had a physical examination.

7. If you are enrolled during the first 21 days of this semester.

8. Two weeks after transferring from another school, provided your parents moved with you; otherwise you must attend this school 18 weeks.

9. For only four seasons in any one sport.

10. If you have not played on a college team.

11. If you are an amateur, having never used your athletic knowledge or skill for gain.

12. If you have never competed under a false name.

13. If your principal has filed your school's master eligibility list in the state association's office by the third week of the sport season.

14. If you do not play on outside teams during the sport season.

15. If you do not accept an award exceeding one dollar in utilitarian value.

16. If you are familiar with the rules of the game and the standards of sportsmanship.

Some schools also require you to be enrolled under the provisions of the I. H. S. Athletic Accident Benefit Plan.

This is a brief summary of some of the regulations. Consult your coach, your principal, or the official handbook of the Idaho High School Athletic Association.

O'SHEA

LEADS THE WAY

in athletic knitted wear!

O'Shea has long been a leading favorite of coaches and players who demand the best in athletic knitted wear *for every sport*. Order your 1948 jerseys, protective pads, game uniforms, etc., *custom built* to your exact specifications. And remember for the latest and best in knitted wear...

O'SHEA KNITTING MILLS

(A Division of Wilson Sporting Goods Co.)

1860 N. Wilmot Ave., Chicago 47, Illinois

SAY

O'Shea

ATHLETIC KNITTED WEAR FOR EVERY SPORT

Preventing Athlete's Foot

NOT so many years ago, responsible people in educational institutions, clubs, industrial plants, and other places of athletic activity would deny the presence in their establishments of any cases of "ringworm," "athlete's foot," "foot itch," or similar foot infections.

Today, however, it is generally agreed by medical authorities that among any group of individuals, a certain percentage will have fungus infection of the feet. Whether the figure is 10 or 75 percent depends upon whether the investigator is looking for active lesions or is making microscopic examinations.

If looking for open lesions, the investigator will find that 10 to 25 percent have surface evidence of infection, and if he makes microscopic examinations, the percentage of infection will run from 30 to 50 percent, and even higher.

PRECAUTIONAL MEASURES

In any event, the percentage will be high enough to warrant every establishment where people walk around barefoot, taking steps to prevent the spread of foot infections. These steps may be any or all of the following measures:

A. Inspection of the feet of everyone using the premises and walking around barefoot.

B. Barring anyone in street or gym shoes.

C. Disinfecting the floors of the locker and shower rooms or the walk around swimming pools with a solution of *known* fungicidal and germicidal strength.

D. Providing a suitable foot-bath container filled with a solution of *known* fungicidal and germicidal strength, and the renewal of this solution as it becomes diluted from water dripping from the bodies of persons using the bath.

E. Recommend the use of an antiseptic foot powder in the shoes and hose (and on the feet) to kill any organisms lurking on the skin or in the fabrics. At the same time, thorough drying between the toes will be urged.

These measures are in force in many places, in entirety or in part,

By **WILLIAM O. HATCH**

William O. Hatch, of Dr. Shiffer's Laboratories, Inc., prepared this article originally for *Beach and Pool* magazine.

but not many establishments carry out the complete schedule.

Step "C" is followed in the majority of athletic areas, although sometimes sufficient care is not taken to be sure the solution used is fungicidal.

Steps "A" and "B" are included in rules promulgated by state and local boards of health for the regulations of swimming pools.

Step "E" should be, and is included, in the health teachings of physical education courses throughout the land.

The greatest amount of discussion will center around Step "D" foot-baths. In many establishments foot-baths are provided—their use is required and they are kept effective by regular renewal. Such establishments find the system creates confidence in the sanitary conditions and also respect for the management.

One thing to be said in favor of the use of foot-bath solutions is that it gets medication between the toes. The time between the immersion of the feet and drying between the toes will be at least three minutes, or longer, and this length of exposure is sufficient to kill any germs or fungi reached by the solution.

CAUSE OF CENSURE

In some instances, those responsible say they have "thrown out the foot-baths" as they could not get their people to use them. This, of course, is a matter of education and discipline, but investigation of the reason why people dislike foot-baths can usually be charged to the solutions used in them.

Chlorine solutions have a disagreeable odor if strong enough to be effective; they lose strength by evaporation or absorption of the chlorine by the feet of the users, and they play havoc with paint on floors and frequently bleach hosiery, bathing suits and other apparel with which it comes in contact.

To be effective, chlorine foot-bath solutions have to be changed every four to six hours in a busy establishment, and every eight hours where the traffic through the baths is limited.

There are solutions available, however, which are effective, comparatively odorless and range from those only mildly irritating to those which are definitely non-irritating.

Responsible manufacturers recommend dilutions they **KNOW** are effective, and federal regulations require proper information regarding the active ingredients on the label, which makes it safe to accept the claims of the maker regarding the dilutions to be used.

COMPARISON OF COSTS

This makes it possible for a clean-cut comparison of the "cost per gallon of effective solution," whether used in the foot-bath or in the mopping bucket. This unit of cost will be found to vary from a low of 2¢ per gallon to 16¢ per gallon for comparable effectiveness.

Where the proper solutions are used in foot-baths and maintained at proper strength; where the necessity for their use is properly impressed upon the people—these facilities pay dividends in building a more healthy respect for the efforts of management to remove all possible hazards to public health in the way of foot infections.

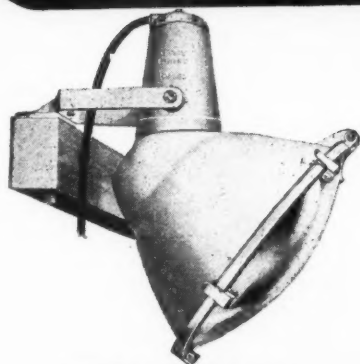
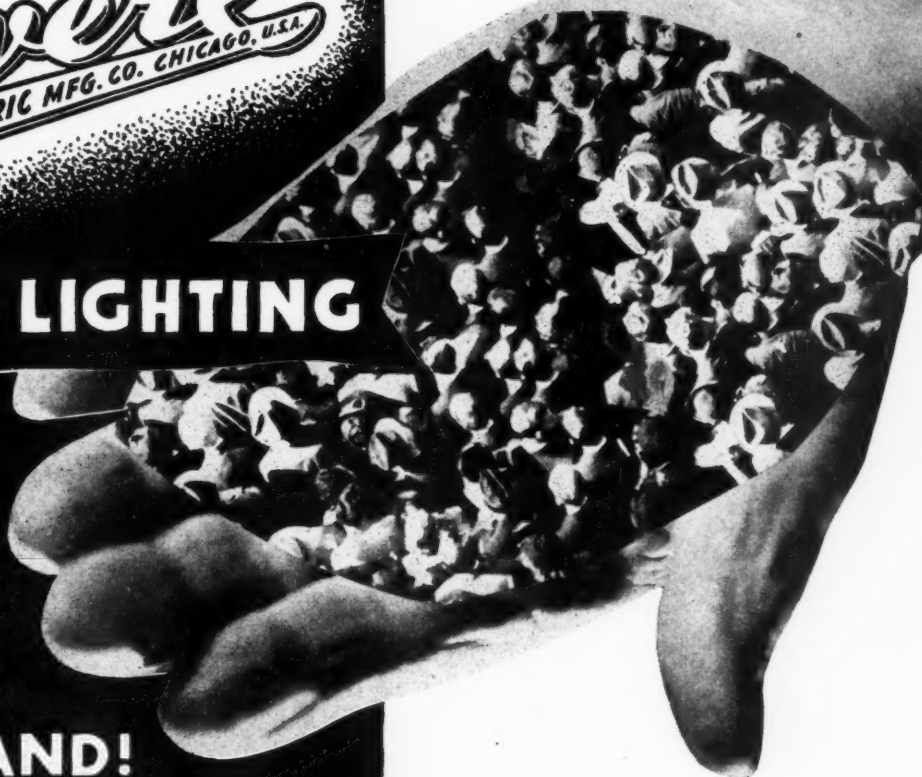
We cannot close this article without calling attention to a problem confronting public swimming pools, viz.—the disinfection of swim suits. Where the swim suits are provided by the pool management, they are usually washed and sterilized between each wearing. In some pools the management requires that all swim suits brought by the patron shall be disinfected while the patron is taking the pre-swim shower.

This is accomplished by taking the swim suit and putting it in a tub containing a disinfecting solution, and then wringing it out before giving it to the patron. When this plan is followed, those responsible claim it helps keep down the bacteria count of their pool water to a marked degree.

Revere
ELECTRIC MFG. CO. CHICAGO, U.S.A.

SPORTS LIGHTING

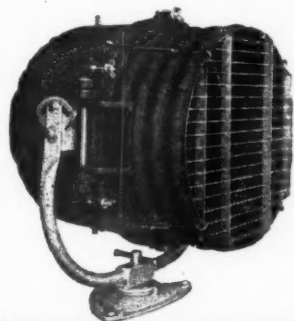
**PUTS
RECORD
CROWDS
in the
PALM OF
YOUR HAND!**



FLOODLIGHTS from 150 to 5000 Watt

to suit every sports lighting need. The one shown above is our No. 4200—(750-1000-1500 Watt) for all types of mounting. Has degree markings, also rotation stop adjustment.

Below is a 5000 watt Revere floodlight. A battery of these giant floods is used to illuminate Soldier Field—Chicago.



Engineered FLOODLIGHTING FOR NIGHTTIME SPORTS

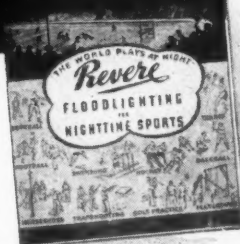
School and College Athletics have lost their leisurely isolationist status. Public interest in sports events has long overflowed its own vacuum. So things are happening fast. And the trend toward nighttime sports moves with accelerated pace.

The REVERE organization is well qualified to work with those who are planning today for better sports lighting. Ingenuity, resourcefulness and pioneering enables us to cooperate intelligently in helping you achieve the ultimate in lighting values.

We know the foot candle on working terms and put this knowledge to work for you in designing floodlights to meet your particular requirements.

SUCCESS STORIES

"Better Games"—"Bigger Crowds"—"Livelier Home-Town Spirit"—success stories of Revere installations—pictures, diagrams and practical plans are contained in the latest Revere "Floodlighting for Nighttime Sports" catalog. Make this useful guide part of your working library and learn how Revere can serve you in many ways to plan well.



REVERE ELECTRIC MFG. CO.

6019 BROADWAY • CHICAGO 40, ILLINOIS
INDOOR AND OUTDOOR LIGHTING EQUIPMENT TO SERVE EVERY NEED

Analysis of the Javelin

By WILLIAM FOOTRICK

FOR the past 25 years, our native athletes have demonstrated a consistent superiority over the rest of the world in many of the basic track and field events.

The chief reasons for this have been: first, the stress placed on the sport in America; and, second, the development of form, styles, and techniques through study by prominent coaches and trainers.

Unfortunately few studies have been made on the mechanics of javelin throwing. The coaching of the event has usually been an empirical proposition, based purely on personal experience.

What is needed is more scientific investigation into the mechanics of the event. The logical point to start from is the matter of body build.

Investigations show a surprising lack of relationship between a boy's physique and his ability to hurl a javelin. Some men claim that the thrower must be tall. They believe that the greater the height from which an object is thrown, the longer will be the throw, especially if strength is present.

A study I made disproves this. I found little significance between the height of the individual and the distance of the throw. The correlation between height and throwing a

baseball for distance is $r=.12$, and between height and throwing a javelin for distance, $r=.14$.

Objective measurements show only a slight relationship between body build and javelin throwing. All zero correlations are low, with the exception of baseball throwing correlated with javelin throwing ability. This reveals the highest correlation, $r=.85$.

All the strength tests yield a fairly high correlation with the criterion (javelin), and strength undoubtedly is of prime importance when properly applied. The flexibility tests offer the lowest correlations with the criteria.

Hence it is possible to predict the distance of the javelin throw by determining the subject's grip strength, back strength, and distance he can throw a baseball, and substituting the values in the prediction equation. The probable error of the coefficient of correlation is 5.516.

In terms of percentage comparison, it is interesting to note that baseball throw is 11.7 times better than back strength and 7 times better than grip strength in predicting the distance of the javelin throw for college men.

The completion of a statistical causal analysis shows that the net effect of each item measured on distance of the javelin throw gives the following distribution:

Absolute	
Distance of baseball throw	65.9344%
Grip strength	3.1329%
Back strength	.2209%
Total	69.2882%

This shows that the distance of the baseball throw is by far the more important of the factors considered, and all of them taken together account for 69.2882% of the javelin throw. It is obvious that there are some important factors missing, such as form, coordination, and condition of performer.

The analysis below simply reduces the results to a simple proportionate percentage basis, on the assumption that the total influence is divided among the factors present.

Relative	
Distance of baseball throw	95.15964%
Grip strength	4.52155%
Back strength	.31882%
Total	100.00000%

It is important to note that quite an accurate prediction could be made when 69.2882% of javelin throwing ability is accurately accounted for.

A classification scheme based upon the best weighted combination of back strength and grip strength would account for only 3.3538% of javelin throwing performance.

Knowledge of the internal mechanics—the transmission of the muscular force through the body to the throwing hand—plays an important role in the development of javelin throwers.

The force exerted on the javelin is due to the strength developed in the legs and trunk, which complements the force produced by the speed of extension of the upper arm, forearm and wrist (sometimes called whip).

To develop propelling force, the



n
 CK
 ical
 net
 on
 ives
 44%
 29%
 09%
 82%
 e of
 the
 on-
 to-
 the
 hat
 tors
 ion,
 ces
 ate
 ion
 ded
 64%
 55%
 82%
 00%
 uite
 be
 elin
 ac-
 sed
 ion
 gth
 of
 me-
 the
 y to
 im-
 c of
 elin
 in
 ple-
 the
 rm,
 mes
 the
 CH



For Sports Fields WESTINGHOUSE PLANNED LIGHTING PAYS

... IN INCREASED ATTENDANCE ... INCREASED REVENUE

HERE'S WHY. Teams perform with daylight efficiency ... spectators can easily follow the action ... attendance increases on sports fields equipped with Westinghouse *Planned Lighting*. At Utah State Agricultural College, attendance jumped 61 percent over daytime records. Sports writers, sports announcers and spectators were enthusiastic ... gate receipts climbed ... and school officials reported that increased revenue due to night games would pay for the entire installation the first season!

THE RIGHT EQUIPMENT. Take a good look at the VRC-18. It's a rugged all-weather floodlight for year 'round sports. Extremely flexible ... beam is easily controlled ... with vertical, horizontal and tilting adjustment. Glassware and reflector can be cleaned and lamps replaced without taking the unit down ... reflector may be stored during winter with no re-focusing required in

the spring. First cost is low ... installation easy ... little maintenance. And the complete Westinghouse line of sports floodlighting equipment now includes the new VRC-20 ... a floodlight with a long, narrow beam for long throws when lighting equipment is placed behind the stands.

Sports floodlighting that provides high-quality illumination and trouble-free operation depends on proper planning. Westinghouse has more than 25 years' experience ... engineering floodlighting in all types of installations ... including 7 of the 10 lighted major league baseball parks. And this same experience is available to you from a Lighting Sales Engineer. Call your Westinghouse Distributor, or ask to see a copy of B-3911. Westinghouse Electric Corporation, P. O. Box 868, Pittsburgh 30, Pa. J-04161



Your local power company and electrical contractor will be glad to help with your planning



Westinghouse

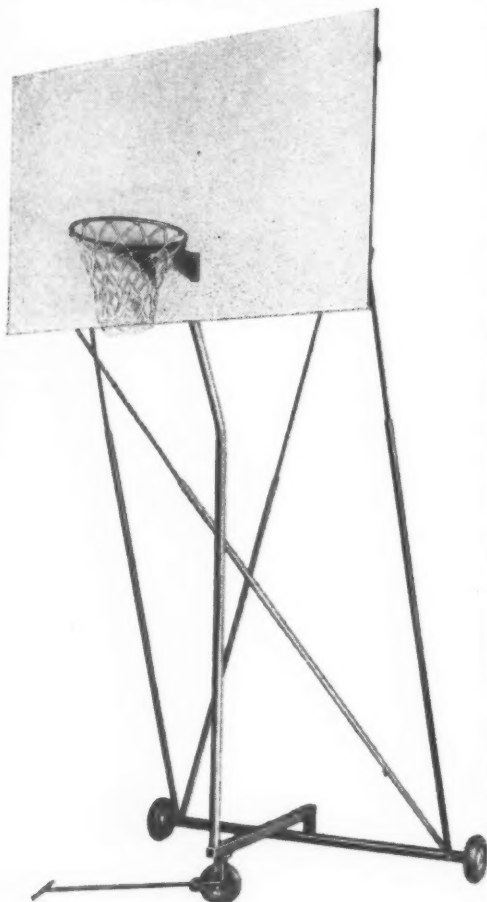
PLANTS IN 25 CITIES OFFICES EVERYWHERE

Westinghouse Electric Corporation • Lighting Division • Cleveland, Ohio
 COMMERCIAL • INDUSTRIAL • FLOOD • STREET • AVIATION

Services of a Lighting Sales Engineer are available through your near-by Westinghouse distributor

BASKETBALL

SUMMER • WINTER
OUTDOORS • INDOORS
AT LOW COST



New Model W-48 PORTO-BASKET

Reg. U. S. Pat. Off., and Pat. Pending

is a safe, rugged, mobile, all-steel unit • Rolls on heavy duty solid rubber wheels • Set up and demounted quickly • Stored in 10" space • No ballast • No floor anchors • No defacing of walls or home garages • Detachable handle • 20" free play under backboard • Regulation in every detail • For games, practice, extra courts • Takes curbs easily. Full guarantee.

Write for Complete Specifications

Produced by

F. H. WEBER COMPANY

Educational Equipment

335 CAROLINE STREET
PLYMOUTH, WISCONSIN

competitor must also be in a sound physiological state.

A thorough knowledge of the mechanics will greatly aid the thrower in increasing the power capacity of the legs, trunk, and arms. The proper type of exercises such as gymnastics, rope climbing, chinning, pushups, chest weights, handball, even a little weight-lifting, will help increase agility, strength, and flexibility.

With good form and a well-trained body, the best amount of innervation and accurate timing will eliminate joint friction and waste.

Javelin throwers who throw too hard often lose the elasticity of muscles, ligaments, tendons, etc. Consequently, the muscles will not receive the best innervation at the right time and in the right degree.

A study of the laws of projection leads to an understanding of some of the principles involved in the throw. Through the study of mechanics the flight of the javelin from the hand to the ground can be accounted for with some degree of accuracy.

The flight of the javelin is governed by the optimum angle of projection, and the initial velocity of the projection can be determined through the study of photography.

Since the javelin leaves the hand from about seven to seven and a half feet above the ground, the optimum angle at this point is probably between 41° and 45° .

The power resulting from the muscular force put into the throw is directly reflected in the velocity of the release.

Newton's law of physics states that for every force there is an equal and opposite reaction. When muscles contract and extend the joints, force is produced and is exerted on the javelin through the hand, the opposite reaction of which forces the javelin from the hand.

CONCLUSION

Simple comparisons yield relatively little useful information, and this study indicates that judgment of throwing ability based upon physical appearance and preliminary comparisons of structure has little significance and relationship to performance.

It has been repeatedly observed that the efficient performer tends to exhibit smooth and apparently effortless movements, whereas the inferior thrower often displays awkwardness and gives the impression of strain.

It is logical to assume that the javelin should follow the physical laws of projection. The shaft is pro-

One of the greatest javelin throwers the East has ever produced, a former record holder and intercollegiate champion, William Footrick is now director of physical education at Gardner (Mass.) High School.

jected with a given force, at a given angle, and therefore follows the usual parabolic course.

Javelin throwers can be trained to throw at the proper angle by throwing through strings tied between pole-vaulting standards located in front of the take-off board. Some may learn by using a tree top as a guide for the proper angle, while others can learn only through trial and error.

Poor throwing may often stem from physical condition or a structural inaptitude. It may also be due to a poor attitude toward the task at hand.

It is important to know exactly how structure, organic condition, and mechanical technique bear on performance.

SELECTED BIBLIOGRAPHY

Almack, J. C., *Research and Thesis Writing*, New York: Houghton Mifflin Co., 1930.

Amar, J., *The Human Motor*, London: George Routledge & Son, 1920.

Bovard, J. F., and Cozens, F. W., *Tests and Measurements in Physical Education*, Philadelphia: W. B. Saunders Co., 1930.

Brace, D. K., *Measuring Motor Ability*, New York: A. S. Barnes Co., 1927.

Bresnahan, G. T., and Tuttle, W. W., *Track and Field*, St. Louis: C. V. Mosby Co., 1937.

Cozens, F. W., "The Measurement of General Athletic Ability in College Men," *American Physical Education Review*, 33: 634-638, December, 1928.

Cureton, T. K., "Mechanics of the Shot Put," *Scholastic Coach*, 4: 7-10, March, 1935.

Cureton, T. K., "Objective Tests of Swimming," Master's Thesis, Springfield College, 1930.

Garrett, H. E., *Statistics in Education and Psychology*, New York: Longmans Green & Co., 1926.

McCloy, C. H., *The Measurement of Athletic Power*, New York: A. S. Barnes & Co., 1932.

Rogers, F. R., *Fundamental Administrative Measures in Physical Education*, Newton, Mass.: Pleiades Co., 1932.

Peters, C. C., and VanVoorhis, W. R., *Statistical Procedures and Their Mathematical Basis*, Pennsylvania State College, Pa., 1935.

Schmidt, F. A., and Kohlrausch, W., *Physiology of Exercise*, Philadelphia: F. A. Davis Co., 1931.

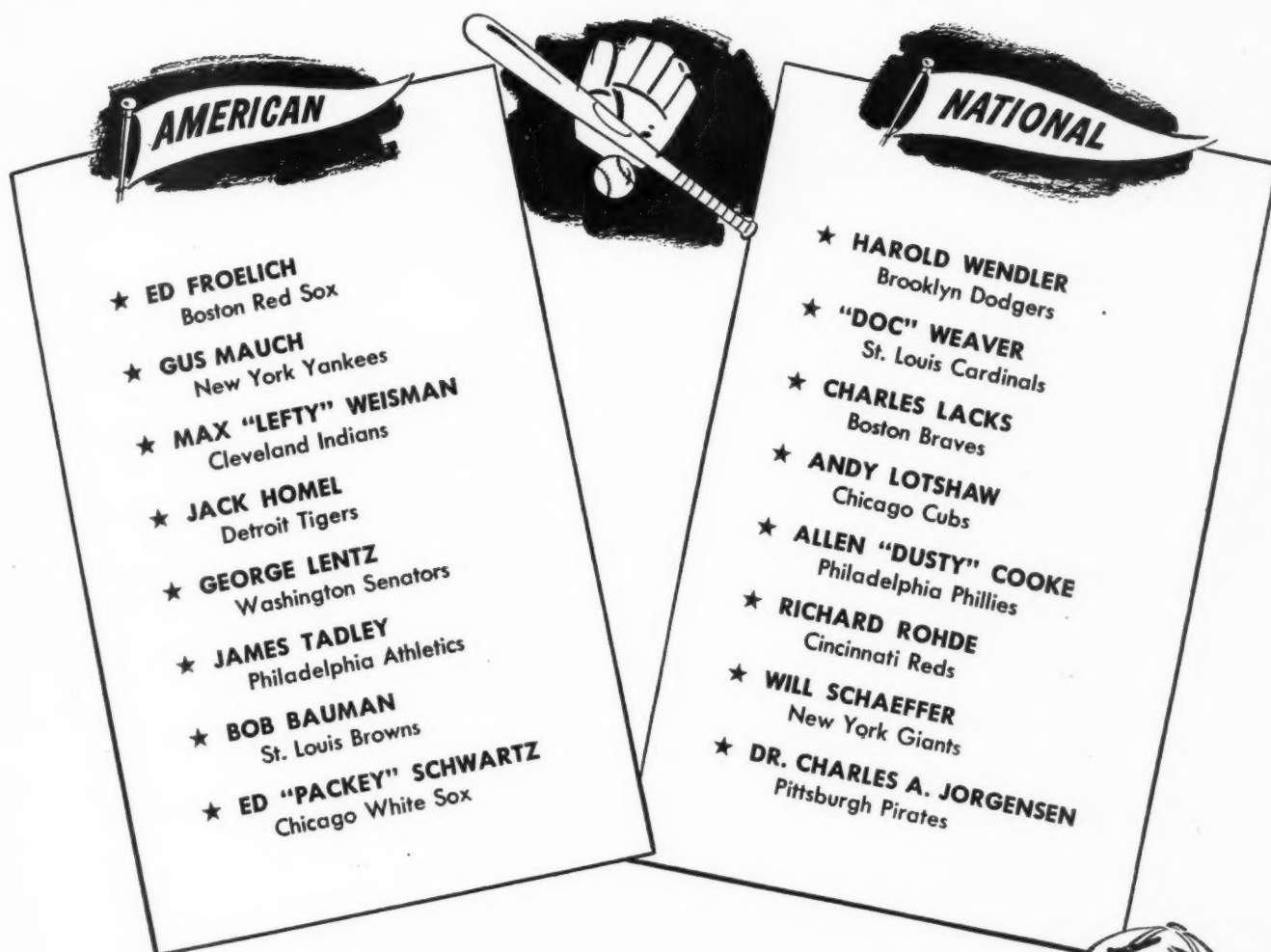
Schmidt, F. A., *Unser Körper*, Leipzig, Germany, Voigtlander, 1903.

Webster, F. A. M., *Athletes in Action*, London: John F. Shaw & Co., 1931.

Williams, J. F., and Nixon, E. W., *The Athlete in the Making*, Philadelphia: W. B. Saunders Co., 1928.

Watson, K., *A Study of the Relation of Certain Measurements of College Women to Throwing Ability*, New York: Unpublished Doctor's Thesis, New York University, 1935.

ALL 16 MAJOR LEAGUE TRAINERS EAT AND RECOMMEND WHEATIES, "BREAKFAST OF CHAMPIONS"



AMERICAN

- ★ ED FROELICH
Boston Red Sox
- ★ GUS MAUCH
New York Yankees
- ★ MAX "LEFTY" WEISMAN
Cleveland Indians
- ★ JACK HOMEL
Detroit Tigers
- ★ GEORGE LENTZ
Washington Senators
- ★ JAMES TADLEY
Philadelphia Athletics
- ★ BOB BAUMAN
St. Louis Browns
- ★ ED "PACKY" SCHWARTZ
Chicago White Sox

NATIONAL

- ★ HAROLD WENDLER
Brooklyn Dodgers
- ★ "DOC" WEAVER
St. Louis Cardinals
- ★ CHARLES LACKS
Boston Braves
- ★ ANDY LOTSHAW
Chicago Cubs
- ★ ALLEN "DUSTY" COOKE
Philadelphia Phillies
- ★ RICHARD ROHDE
Cincinnati Reds
- ★ WILL SCHAEFFER
New York Giants
- ★ DR. CHARLES A. JORGENSEN
Pittsburgh Pirates



A GREAT DISH FOR YOUR SQUAD

Big-time trainers know that proper eating habits are an important part of an athlete's program. All 16 major league trainers recommend Wheaties, "Breakfast of Champions," as a training dish. Real nourishment in Wheaties—flakes

of 100% whole wheat. With whole wheat amounts of three important B vitamins, minerals, food energy. Second-helping good too, with milk and fruit. Swell eating! Had your Wheaties today? "Breakfast of Champions"!

General Mills, Inc.



"Wheaties" and "Breakfast of Champions" are trade marks of General Mills, Inc., Minneapolis, Minnesota.

THE SUCCESS of track meets, at least from an esthetic standpoint, depends largely upon the caliber of the officiating. If the officiating is capably handled, the meet will unfold smoothly and interestingly. If the officiating is bungled, the meet will progress by fits and starts and will discourage a lot of the fans from turning out again.

If track is to become a real major sport in the class of basketball and football, our athletic administrators must arrange for competent officials.

Admittedly this isn't easy. The fact that track officials are neither well-organized nor plentiful makes a discriminate choice difficult. What is urgently needed is the organization of officials associations, such as in football, basketball and baseball, and the payment of set fees.

The use of opposing coaches as starters or judges is a poor solution to the problem. Even when they do a good job, there is bound to be some criticism. It is difficult enough for a coach to be fair when his boys are participating. But it is next to impossible for him to convince other competitors that he is impartial.

If a complete roster of officials cannot be obtained, coaches should secure a referee and a starter who have no connection with the competing teams.

On these two men rests the burden of the decisions. Very often the referee will double as a judge at the finish line and he may even fill in as a starter. But it is obvious that these double assignments only impair his efficiency.

Since there aren't too many men available for these two positions, a brief description of the type of individual needed and the essential duties involved, might serve to aid track administrators in their selection.

THE REFEREE

As in all forms of athletic competition, the man filling the position of referee should, ideally, have a sports background, particularly in the events he is to work. A former runner, coach or sportswriter, versed in track details, ordinarily will possess or can acquire the faculties needed to make the vital decisions.

But even beyond this point, his honesty and his interpretation of rules must be acceptable to contestants and coaches.

The referee must be prepared to make decisions in these situations:

1. Where the number of entries in individual events is not clearly defined beforehand, it may be his job to organize heats. Since the real

The Functions of the Starter and Referee

By E. J. LALLEY

E. J. Lalley, an old Scholastic Coach standby, is director of athletics at the North Senior High School, Binghamton, N. Y.

purpose of heats is to qualify only the best performers for the finals, he must "seed" the competitors so that the top men will not be eliminated in the heats.

2. Additional entries, failure of certain entries to appear, and contestants entering more than one event, may make it necessary for the referee to juggle the order of events.

3. The referee may find himself called upon to interpret any rules which are in dispute.

4. It may be necessary for him to disqualify a competitor for unsportsmanlike conduct, or for failure to abide by his decisions.

5. Reports of rules infractions or questionable decisions should come to him from other officials before they are announced.

6. All protests, from either coaches or competitors, should be made to him and not to individual officials.

THE STARTER

The starter must have "track sense" to go with his knowledge of the mechanics of the job. Since, in any race up to the half mile, the result may depend from 50% to 75% on the start, the part of the starter becomes tremendously important.

Here is a list of the rules on which he must base his starting technique, and the methods which he should employ to get the runners away from their marks evenly:

1. The disqualification rule should be explained to all competitors by

their coaches long before the first meet. This assists the official and also prevents the loss of a man who may contribute important points to the team total.

But it is up to the starter to see that the rule is known and understood by all sprinters.

The rule states that the second false start disqualifies a runner. What is a false start? Any runner, breaking from the mark after the "Get Set" command has been given and before the gun is fired, has made a false start. If the gun is fired, no runner can be charged with a false start.

Since one runner breaking ahead of the gun will often pull other competitors off their marks, the starter has the job of deciding whether more than one break should be charged. Unless two runners break simultaneously, only the first man to leave the mark is penalized.

All starters pride themselves on getting the contestants away evenly and without a break. Certain factors contribute to this ability, the most important of which is gaining the confidence of the runners.

2. He must know that sprinters are more tightly keyed up than any other competitor in sports, and he must temper his methods accordingly.

The starter's job begins before the first starting hole is dug. High school meets have many inexperienced entries who must be carefully studied. The flighty ones must be calmed, the jittery ones given plenty of warmup time to work off nervous energy, and the novices assisted in their preparation for their events.

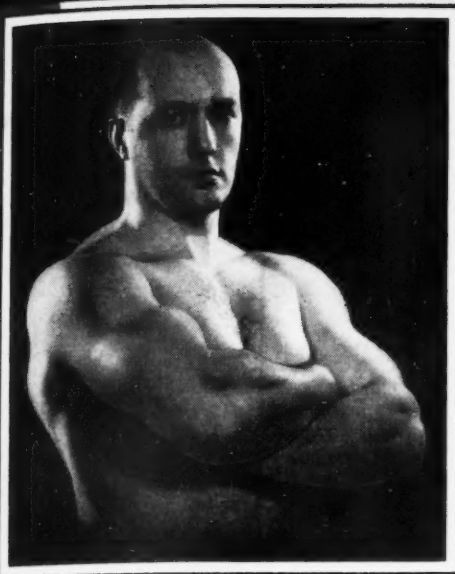
The starter must always bear in mind that sprints are explosive events where tremendous energy is let off in a few seconds of action. When this energy is controlled, the tension will not mount to the point where the starter cannot handle it.

What steps help in preventing undue tensions? First, keep the contestants in motion. Have them draw for the lanes, dig their holes, discard warmup clothing, and loosen up with their trial starts.

The good starter does not have one sprinter tensed and ready to go, while the others are still getting their holes set. Limit the time for preparation and get all runners back of the starting line at the same time for the final commands.

3. How far should the starter go in explaining the timing of his commands without giving any entry an advantage? Or what kind of an answer can he give to the question:

(Concluded on page 70)



*A personal message to America's Coaches
from BOB HOFFMAN . . . Coach of the
United States Olympic Weightlifting Team,
and President of the YORK BARBELL CO.*

I want you to *prove to yourself* what YORK
BARBELL training can do for your pupils
. . . therefore I make you this remarkable
offer for a *limited time only*:

You and I have an important mutual interest: *the strength, health,
physical and moral well-being of the young men and women under our
instruction.*

For a quarter of a century, I have devoted all my time and effort to developing and *proving* scientifically what weightlifting through proper use of YORK BARBELLS can do for thousands upon thousands of my students.

The evidence is overwhelming! My library is jam-packed with albums of photographs, letters, and *unsolicited* testimonials testifying to what YORK BARBELL training accomplishes. You who deal with body-building every day can see for yourself what regular use of YORK BARBELLS, as directed by my training courses, has done to rebuild boys and girls, men and women, from physical mediocrity to vibrant physical perfection!

Today, throughout the world, YORK BARBELLS and the Bob Hoffman Training System and our magazine, *Strength and Health*, are bywords in the athletic world. People who use them are not faddists, but intelligent folks who have *proved to themselves* that weightlifting is *safe, sane, and sound*.

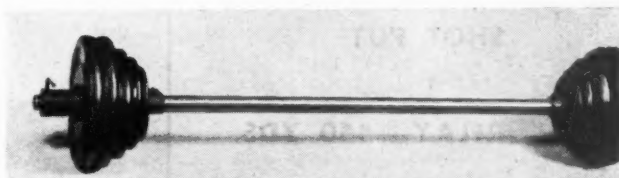
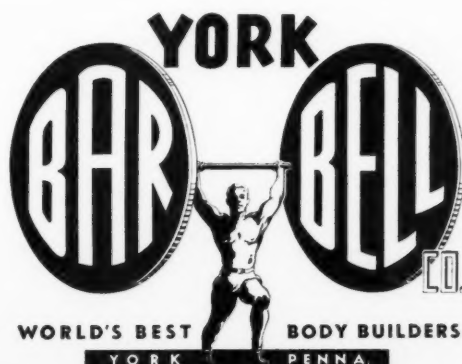
And yet, many high and preparatory schools and colleges have never seriously investigated the benefits of YORK BARBELLS in their gym classes, team training, and special exercise programs. I have decided there is only one way for you coaches to find out:

To every bona fide coach who will agree to use a set of our YORK BARBELLS with students of his or her own selection for our standard three-month Test Training Period, and send me reports on each student's physical development progress on simple forms I'll provide, I will send **ABSOLUTELY FREE** and **SHIPPING CHARGES PREPAID** a 100-pound set of our standard Simplex Barbells.

There is no "catch" to this offer. Nothing to buy, no obligation. I simply want to prove to you, and through you to your students and their families, that *no other physical development method ever devised* can match YORK BARBELLS, used under supervision of a competent physical instructor. No salesman will call . . . I simply ask that you report to me what happens. The set is your personal property with my compliments.

Remember, these are the *genuine* YORK BARBELLS . . . which outsell all other makes combined . . . beautifully machined, handsomely finished, precisely weighted and balanced . . . absolutely safe to use, adjustable for boys and girls of every age and degree of physical development.

Naturally, I cannot give away these Simplex Sets, which sell at \$16.95 each retail, to every coach in the country! I have set aside a limited number on a "first come, first served" basis. All you need do is fill out and mail the coupon below (*addressed to me personally*), or write me on your school letterhead.



MR. BOB HOFFMAN, *President* Date.....
York Barbell Company, 51-55 N. Broad St.,
York, Pennsylvania.

DEAR BOB:

I accept your offer as outlined. Rush me a set of 100-pound Simplex YORK BARBELLS postpaid. I agree to use them as directed and send you the required reports, which you will furnish.

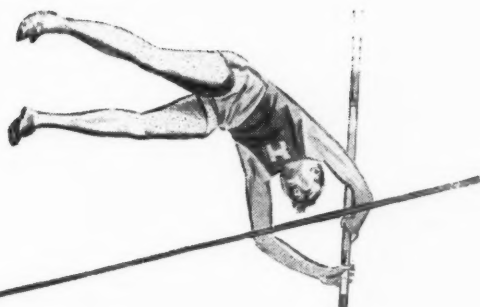
Coach
School
Address

OUTDOOR TRACK and FIELD RECORDS, 1948

	NATIONAL HIGH SCHOOL RECORDS	NATIONAL COLLEGE RECORDS	WORLD'S RECORDS
100-YD. DASH	9.4s. JESSE OWENS East Tech., Cleveland, O., 1933	9.4s. Simpson, Ohio St., 1929 Meier, Iowa St., 1930 Wykoff, U.S.C., 1930 Metcalf, Marquette, 1933 Owens, Ohio St., 1935, 1936 Jeffrey, Stanford, 1940 Davis, California, 1942 Patton, U.S.C., 1947	9.4s. D. J. JOUBERT South Africa, 1931 FRANK WYKOFF U.S.A., 1930 JESSE OWENS U.S.A., 1935 CLYDE JEFFREY U.S.A., 1940
220-YD. DASH	20.7s. JESSE OWENS East Tech., Cleveland, O., 1933	20.3s. JESSE OWENS Ohio State, 1935	20.3s. JESSE OWENS U.S.A., 1936
440-YD. RUN	48.2s. HERB MOXLEY Central, Columbus, O., 1928	46.2s. HERB MCKENLEY Illinois, 1946	46.4s. BEN EASTMAN U.S.A., 1932 GROVER KLEMMER U.S.A., 1941
880-YD. RUN	1m. 54.4s R. L. BUSH Sunset H. S., Dallas, Tex., 1933	1m. 49.8s. ED. BURROWES Princeton, 1940	1m. 49.2s. SIDNEY WOODERSON Great Britain, 1938
ONE-MILE RUN	4m. 21.2s. LOUIS ZAMPERINI Torrance, Cal., H. S., 1934	4m. 6.7s. GLENN CUNNINGHAM Kansas, 1934	4m. 1.4s. GUNDER HAAG Sweden, 1945
120-YD. HURDLES (3 ft. 3 in. hurdles)	14s. JOE BATISTE Tucson, Ariz., H. S., 1939 LEE MILLER San Antonio, Tex., 1947	13.7s. (3 ft. 6 in. hurdles) FRED WOLCOTT Texas, 1940	13.7s. (3 ft. 6 in. hurdles) FORREST G. TOWNS U.S.A., 1936 FRED WOLCOTT U.S.A., 1941
200-YD. HURDLES (2 ft. 6 in. hurdles)	22.1s. DON POLLOM Topeka, Kans., 1938 BILL HAMMAN Sunset, Dallas, 1941 FRED BATISTE Tucson, Ariz., 1944	22.3s. (220-yd. course) HARRISON DILLARD Baldwin-Wallace, 1947	22.5s. (220-yd. course) FRED WOLCOTT U.S.A., 1940 HARRISON DILLARD U.S.A., 1946
HIGH JUMP	6ft. 7$\frac{1}{8}$in. GILBERT LA CAVA Beverly Hills, Cal., H. S., 1938	6ft. 11in. LES STEERS Oregon, 1941	6ft. 11in. LES STEERS U.S.A., 1941
BROAD JUMP	24ft. 11$\frac{1}{4}$in. JESSE OWENS East Tech., Cleveland, O., 1933	26ft. 8$\frac{1}{4}$in. JESSE OWENS Ohio State, 1935	26ft. 8$\frac{1}{4}$in. JESSE OWENS U.S.A., 1935
POLE VAULT	13ft. 9$\frac{5}{8}$in. JOHN LINTA Mansfield, O., H. S., 1939	14ft. 11in. EARLE MEADOWS U.S.C., 1937 BILL SEFTON U.S.C., 1937	15ft. 7$\frac{3}{4}$in. CORNELIUS WARMERDAM U.S.A., 1942
SHOT PUT (12 lbs.)	59ft. 5$\frac{7}{8}$in. JOHN HELWIG Mt. Carmel, Los Angeles, 1946	56ft. $\frac{1}{2}$in. (16-lb. shot) AL BLOZIS Georgetown, 1940	57ft. 1in. (16-lb. shot) JACK TORRANCE U.S.A., 1934
RELAY—440 YDS.	42.4s. Glendale, Cal., H. S., 1928	40.5s. U.S.C., 1938	40.5s. U.S.C., U.S.A., 1938
RELAY—800 YDS.	1m. 28.2s. Polytech H. S., Los Angeles, 1931	1m. 25s. Stanford, 1937	1m. 25s. Stanford, U.S.A., 1937
RELAY—ONE MILE	3m. 21.4s. Hollywood, Cal., H. S., 1929	3m. 9.4s. California, 1941	3m. 9.4s. California, U.S.A., 1941
RELAY—TWO MILES	8m. 5.5s. Roosevelt, Des Moines, Ia., 1938	7m. 34.5s. California, 1941	7m. 34.6s. California, U.S.A., 1941

Give your health and grooming
programs a

NEW LIFT!



Send for graphic **FREE** aids emphasizing
dental health and personal cleanliness!

YOU, AND THOUSANDS of instructors like you, are doing valuable work in the health education training of boys and girls. And our free visual aids can greatly increase the effectiveness of your habit-forming programs.

This carefully-planned material thoroughly covers the essential subjects of Dental Care, Body Cleanliness and Hand Care.

For your basic instruction there are colorful, attractive wall charts on each of the three subjects.

Then individual material to motivate the establishment of good personal care habits completes each unit.

Choose the units best adapted to the needs of your groups and send for them today! Fill out and mail the coupon below to Educational Service Dept., Bristol-Myers Co., 630 Fifth Ave., New York 20, N.Y.



Educational Service Dept. SC-38, Bristol-Myers Company, 630 Fifth Avenue, New York 20, New York

Please send me **FREE** Health and Grooming material checked below:

Elementary Level

Dental Health—"Ipana's 5-Way Plan" ☐
Includes: Colored Wall Chart (19" x 26")—Teacher's Manual—
Cardboard Tooth Model—Hygiene Records—Individual and
Class Certificates.

High School and College Level

Dental Health—Colored Wall Chart & Cardboard Tooth Model ☐
Personal Grooming—Grooming for School
wall charts and individual leaflets ☐
New Hand Care chart and leaflets for girls ☐

Name..... Name of School or Group.....

(where you teach)

School Address.....

City..... Zone..... State.....

(Check) Elem.....

Jr. High.....

Sr. High.....

College.....

Teacher Training College: ☐ Student
Teacher

Other.....

Grades Taught..... Number of Classes Taught.....

Subject Taught or Title..... No. of students in one Class: Girls..... Boys.....

A great coach tells how Championship Football

By **DANA X. BIBLE**
University of Texas

THIS is the authoritative book on football—by a coach whose teams have won fourteen conference championships. Discusses individual techniques and skills, team strategy, and coaching problems.

Here is the whole story on building a team, planning the offense and the defense, scouting, training—and an invaluable chapter on "The Coach Off the Field."

Illustrations, charts, and diagrams
256 pages 5¾" x 8"

Send for your examination copy today

Prentice-Hall, Inc.

70 Fifth Avenue
New York 11

National
headquarters for
GYM MATS

**DON'T BUY
UNTIL YOU SEE
OUR FREE
ILLUSTRATED CATALOG**

WRITE TODAY!

National
sports equipment co.
FOND DU LAC, WISCONSIN
ALMOST A HALF CENTURY OF LEADERSHIP

New Books on the Sport Shelf

- **BASKETBALL ILLUSTRATED.** By Howard A. Hobson. Pp. 86. Illustrated—photographs and diagrams. New York: A. S. Barnes & Co. \$1.50.

AFTER 12 successful seasons at the U. of Oregon, where he won the first NCAA basketball championship ever contested, Howard Hobson is now ensconced at Yale.

His book is aimed primarily at beginning coaches and players. Employing a very simple, easy-to-follow text and a lavish use of photographs (posed for by his championship Oregon team), Hobson describes the basic skills, individual and team fundamentals for both offense and defense, and diagrams a series of winning plays.

He covers the field in six main sections, namely: Individual Fundamentals, Group Fundamentals, Offensive Team Plays, Team Defense, Miscellaneous Team Plays, and Training and Conditioning.

Also included are useful chapters on the game's history, the rules, self-testing suggestions, and equipment and facilities.

- **TENNIS TACTICS.** Prepared by the Cortland Line Co. Pp. 24. Illustrated—diagrams. Free.

TENNIS players and coaches will find this little booklet a helpful aid in learning or teaching the basic tactics of the game.

Prepared ingeniously in flip-over fashion, it covers 10 fundamental techniques: Where to stand when serving, where to serve, when to go to the net, where to stand at the net, where to place the volley, where to stand when playing back, where to stand when receiving serve, where to place the lob, where to place return of service, and how to take game or match point.

Each subject is diagrammed tastefully in color and analyzed tersely and authoritatively on the facing page.

The book is offered free of charge and you may secure a copy for each member of your team by writing to the Cortland Line Co., Cortland, N.Y.

- **MY GREATEST DAY IN BASEBALL.** By 47 Stars. Pp. 247. New York: Bantam Books (by arrangement with A. S. Barnes & Co.). 25c.

HERE'S a tremendously fascinating book which every baseball fan will undoubtedly devour. Forty-seven of the game's immortals tell their own dramatic stories of their greatest day in baseball.

Carl Hubbell describes his emotions while sliding his screwball past Ruth, Gehrig, Foxx, Simmons, and Cronin

that day in 1934 in the Polo Grounds.

Grover Cleveland Alexander touches on how he came trudging in from the Yankee Stadium bull-pen to whiff Tony Lazzeri and stifle the Yankees' big threat in the 1926 world series.

Babe Ruth tells in his own words how he took two strikes against Charlie Root in the 1932 world series, faced the jeering Wrigley Field crowd, and indicated that he was going to park the next pitch into the centerfield bleachers—which he did!

Among the other famous stars represented in this book are Dizzy Dean, Ty Cobb, Hans Wagner, Tris Speaker, Al Simmons, Gabby Hartnett, Frankie Frisch, Bill Dickey, Mel Ott, George Sisler, Marty Marion, Billy Southworth, Jimmy Foxx, Connie Mack, Leo Durocher, and Rogers Hornsby.

The book may be purchased direct from the Scholastic Bookshop, 220 E. 42 St., New York 17, N. Y. At two bits, it's a steal.

- **RIDING SIMPLIFIED.** By Margaret Cabell Self. Pp. 77. Illustrated—photographs. New York: A. S. Barnes & Co. \$1.50.

THE fundamentals of good horsemanship and the essential characteristics of the horse are explained here simply and in untechnical language, as they have been worked out, improved, and added to by many generations of horsemen.

Here, in one volume, the beginner will find in logical progression practical and authoritative advice on how to become a skilled horseman.

Written by one of the country's foremost riding authorities, the book is fully illustrated and crammed with useful, easily applicable information.

Both beginners and advanced riders will benefit by such helpful chapters as The Modern Seat, Mounting the Horse, Dismounting, The Walk, The Jog Trot and the Trot, The Collected Canter, The Gallop, Equitation Exercises, The Leads, Controlling the Disobedient Horse, Riding Etiquette, and What to Wear.

- **KINESIOLOGY (Laboratory Manual).** By Leon G. Kranz. Pp. 177. Illustrated—drawings. St. Louis: The C. V. Mosby Co. \$2.75.

KINESIOLOGY deals with the analysis of movement and the prescription of exercise. Man possesses a body skeleton and muscular structure that lend themselves readily to analysis in movement, leverage, and power relationships.

Knowledge of the origin and insertion of muscles has little value without an ability to see these muscles or groups of muscles in the performance of various activities.

Physical education students and in-

Sports pause...
Have a Coke



5¢

You'll Find This **WINCHESTER** TRADE-MARK **Combination Pleases All 3**

IT PLEASURES YOUR BOYS AND GIRLS. A Winchester Model 69 Target Rifle and Leader 22 Long Rifle Cartridges, equip them for training in real marksmanship. **IT PLEASURES PARENTS.** It calls for moderate expenditure. **IT WILL PLEASE YOU.** Because, equipping your entire team with Winchester rifles puts all shooters on equal footing.

Although in the moderate price bracket, the Winchester Model 69 Target Rifle is a remarkably fine accuracy arm. It has pistol grip and semi-beavertail forearm. It has blade front and peep rear sights. It comes equipped with Army type leather sling strap. It weighs only 5½ pounds. Consult your regular source of supply for price, etc.

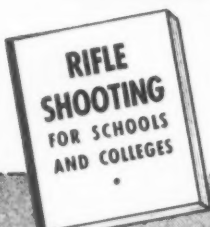
LEADER 22's COST NO MORE

And they are famous for their accuracy and flat trajectory. Their solid lead bullets are greased and their Winchester staynless priming prevents corrosion and injury to rifle barrels. Winchester Repeating Arms Co., New Haven, Connecticut, Division of Olin Industries, Inc.



WINCHESTER

TRADE-MARK
ARMS AND AMMUNITION MADE FOR EACH OTHER



FREE! A BOOK YOU'LL WANT

It's full of up-to-date helpful information on the smoother running of rifle clubs in schools and colleges. **FREE—** Use the coupon.

Sportsmen's Service Bureau, Dept. 7-SC-01
Sporting Arms and Ammunition, Manufacturers' Institute
343 Lexington Avenue • New York 16, New York

Send me free copy of Rifle Shooting for Schools and Colleges. (Please print.)

NAME _____

STREET & NUMBER _____

CITY _____

ZONE _____

STATE _____

structors should be interested in understanding the activities in which they participate or expect to teach others. This book will aid them in detecting weaknesses and accurately prescribing developmental exercises.

The author, who is chairman of the department of physical education at Northwestern U., does a very fine job of projecting the main bone, ligament, and muscle relationships of the body joints.

He thoroughly covers the following parts: Shoulder Girdle, Shoulder Joint, Elbow Joint, Wrist-Hand-Fingers, Hip Joint, Knee Joint, Ankle-Foot, and Trunk.

Each of these joints is shown in a good, sharp drawing; and the main muscles groups are analyzed from the standpoint of origin, insertion, action, and lever. The author then correlates the implications of these facts to the subject of athletics.

Professor Kranz points out that exercise prescribed for the development of weakened areas should stimulate the student into bringing about the development necessary for better performance.

Where physical movements are analyzed, the muscle degeneration responsible for the loss of symmetry parades itself before the eyes of the teacher with a knowledge of kinesiology.

This immediately presents problems for the physical education teacher to work upon, both in prevention and correction.

● **NASSAU SCORING SHEETS** for Combined, Single and Four-Ball Golf Matches. By H. L. Davis. 15 Sheets. Lexington, Ky.: H. L. Davis. \$1.25.

THIS simple, highly effective method of scoring combined, single and four-ball golf matches is being used at more than 200 high schools and colleges, including Harvard, Virginia, Denver, Vanderbilt, Toledo, Kansas State, Michigan State, Brown, M.I.T., Washington & Lee, and Wisconsin.

The author is golf coach at Lafayette-High in Lexington, Ky., and has used this method himself for the past 10 years with excellent results.

The advantages of the Scoring Sheet may be itemized as follows:

1. Provision is made for scoring combined "singles" and "four-ball matches" by the Nassau point scoring system with nine points being played for in each combined match.

2. Play may be at either match or medal.

3. Provision is made for tabulating the complete score of each player.

4. Provision is made for numbering the men from each school in the order of their importance, starting with the No. 1 and No. 2 men in the first combined match.

The book is 8½ by 12" in size and will positively simplify the procedures involved in scoring matches as they are commonly played in interscholastic and club-team play competition where the Nassau scoring system is desired.

Defensive Baseball

(Continued from page 11)

1. Infielders should relieve the battery as much as possible in catching pop-ups. The catcher or pitcher should make the put-out only when the infielders cannot safely reach the ball or when a poor sun condition makes it more feasible for the pitcher or the catcher to handle the pop.

2. All infielders should be constantly alert for a cut-off play on all throws. Many a rally can be nipped in the bud in this fashion.

3. Have two or three simple sets of signals so that you can switch easily when signs are being stolen.

4. One or none out, winning run on third base, last half of the ninth: Bring the outfield in very close, since a long fly ball, even if caught, will score the winning run. The outfielders should set up at the maximum distance from which they can cut down the runner after making a catch—no farther.

5. Every player should always know the prevailing situation—score, number of outs, count on batter, etc.

This is the second of two articles by Ed Staruk, ex-Holy Cross athlete now coaching at Power Memorial Academy (New York City).

Position Is Everything

(Continued from page 12)

class their competition that they can make every mistake in the book and still come on with a great burst of speed to win. Many boys with great finishes tend to depend on them to come out on top.

When they move into college and A.A.U. competition, however, they find they are not the only ones with good kicks. They must lose a lot of races before learning the need for staying with the leaders and keeping proper position.

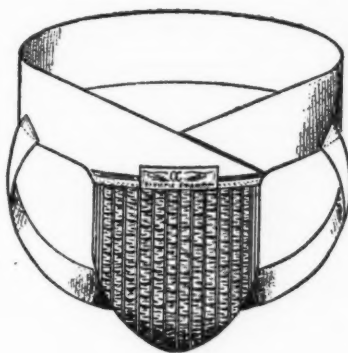
It is not enough for us, the coaches, to tell the boys these things and expect our words to bear fruit in competition. In addition to talking about these things, we must force the boys to *think* about them in every practice session. This should be done not only in time trials, but in all workouts where two or more boys are running together.

In two years at Manhattan College, George Eastment has built up one of the most powerful track teams in the land—which would seem to prove that a successful schoolboy coach can move into the big time and start producing winners without taking years to orient himself.

for the
winning edge
players
wear...



OLYMPIC CHAMPION



OLYMPIC CHAMPION
APEX NO. 1

Mesh type elastic pouch. Same patented* V-front is also embodied in the Apex No. 3 with soft flannel pouch to hold protective cup.

*Protected by U. S. Pat. 2,301,066—no licenses have been granted any other manufacturer

V-front

ATHLETIC SUPPORTER

Players prefer the patented* V-front waistband designed on engineering principles to offset stress and strain of body twists and turns. Each side of the supporter acts independently, and body tension on either side focuses directly at the V-front—and is absorbed! Keeps the pouch snug, balanced and gently fit—won't loosen, droop down or slip around! No wonder athletes and sportsmen perform better with the Olympic Champion V-front!

THE BALANCED ACTION SUPPORTER

Copyright 1948, The O-C Manufacturing Co.

THE O-C MANUFACTURING CO., LITTLE FALLS, N.J.
Quality Athletic Supporters Since 1908

In his practice work, the catcher should throw the same distance as he does in a game.

Each day should include some practice in handling fly balls. The catcher should first flip off his mask, and immediately run for the ball. The ball will always break toward the infield, and the catcher should be aware of this. If he catches a fly ball with his back to the infield, he should play the ball so that he can just reach it with arms outstretched. Hence when the ball veers in as it comes down, he will be well under it.

When catching a ball while facing the infield, he should get under the ball so that it seems to be coming down on his head. Thus, as the ball breaks out, he will handle the ball out front.

The higher the fly ball, the greater will be the break. If a strong wind is blowing toward the pitcher, the break on the ball will be greater. If the wind blows toward the batter, the break will be taken from the ball.

HANDLING OF BUNTS

In handling bunts, the catcher should use both hands whenever possible. If the ball is rolling, he should place the glove ahead of the ball and scoop the ball into the mitt

The Catcher

(Continued from page 7)

with the right hand. If the ball is dead and speed is essential, it may be picked up with one hand.

On balls down the third-base line, when the throw goes to first base, the catcher should field the ball then turn to his left, making a complete turn. He can throw more accurately and harder by doing this. On all other batted balls, he should throw his body to the left of the ball, then face the first baseman. On throws to second or third base, he faces directly toward the base after fielding the ball.

PLAY AT THE PLATE

On force outs at home plate, the catcher places the left foot on the front of the plate, facing the direction of the throw. As the ball is caught, he steps out with the right foot toward first base, then steps with the left foot for the throw. This will always carry the catcher out of the way of the runner coming from third.

In tagging a runner at home, the catcher places his left foot on the third-base line. As he receives the throw, he blocks the plate so that

the runner cannot slide past him. If necessary, he drops on one or both knees to block the plate.

He should hold the ball firmly in both hands. He should not tag a runner with the ball in the bare hand, except when it is the only possible way to tag him.

If the throw is wide of the plate, the catcher fields the ball and dives for the runner if necessary.

RUNNING DOWN BASE RUNNERS

When a runner is caught between third and home, the catcher should always be sure the runner is going back to third base before throwing the ball.

He should make a few fakes, running toward the man as fast as possible. He should make the runner declare himself, and not throw the ball until he believes the baseman can make a play on the runner.

If the baseman has the ball, he should get it to the catcher as quickly as possible, if the runner is moving toward home. Not more than one or, at most, two throws should be all that is needed to put out the runner.

BLUFF THROWS

Suppose with runners on first and third, the runner on first starts for second. The catcher makes a bluff throw to second, wheels, and throws to third. This can be used with a fast man on third, particularly if the catcher feels he will attempt to score on a double steal. He should be sure and make the fake exactly the same as for an actual throw to second.

If a runner breaks from first base and stops, or from second base and stops, the catcher should run at the man with arm raised, ready to throw, when the runner breaks either way. He should never run out, if there is also a runner on third base.

CATCHER'S DUTIES

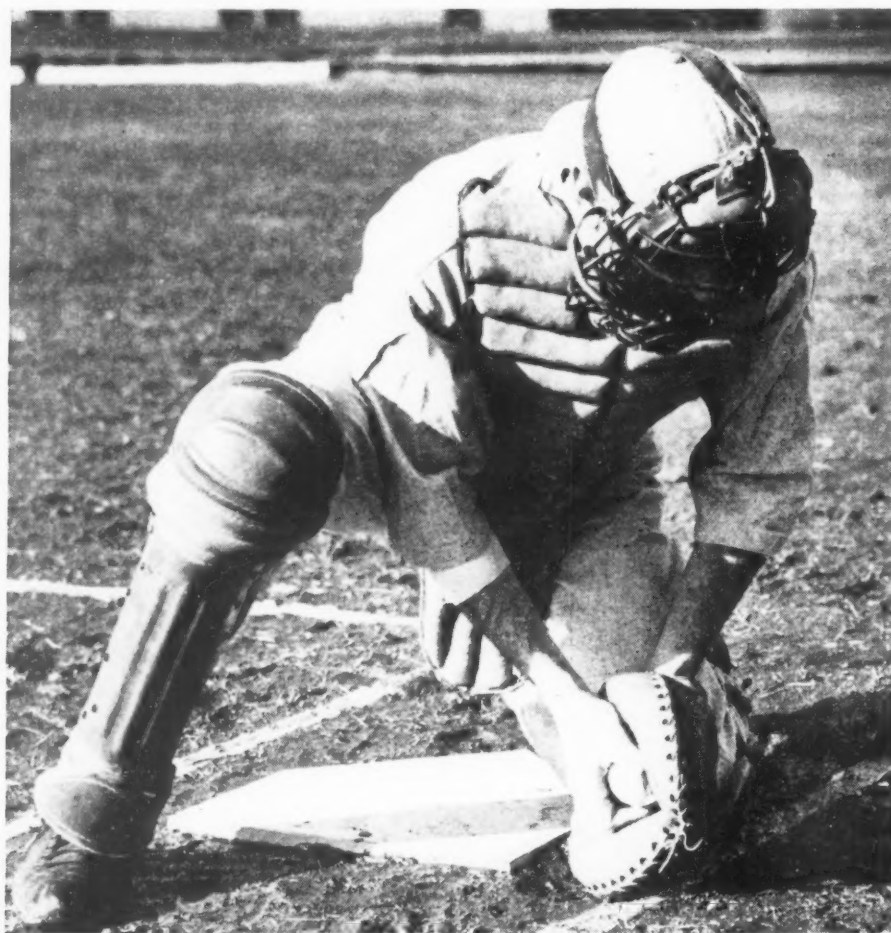
The catcher should be full of "pep," since he is the only player who faces all the others, and his actions will carry to his teammates.

He can help the pitcher, if the latter is a bit wild, by telling him to start his pitch a little higher, lower, inside or outside.

He also can shift his position in back of the plate to help the pitcher.

He should look for a batter's weaknesses. He should remember what pitches any of the batters hit well and not call for the same pitch to these batters.

He should not call for a waste



Correct knee-down method of blocking the plate.

From finest
range grown lambs



PRE-TESTED AND PROVED

Armour Tennis Strings

The Quality Control that creates the perfection of Armour Strings begins with the choice of lambs. *Only* lambs grown on finest rangeland contain the top-quality gut needed to produce top-quality strings. Armour Buyers separate these lambs into groups, according to grade, and the finest lambs Armour receives produce the gut for Armour Strings.

The perfection of Armour Strings is the result of six important steps: (1) Getting finest raw materials; (2) Protecting quality by constant refrigeration; (3) Controlling quality by laboratory tests; (4) Precision splitting of gut; (5) An exclusive Armour tanning process; (6) Polishing to exact dimension desired. When you specify Armour Strings, you know you are getting the best because no other manufacturer duplicates the Armour process of perfecting strings. Look for the Armour label when *you* buy.

Armour Strings—Choice of the Champions

Championship—Champion's own choice for tournament play.

Junior Championship—Tough, long-wearing gut at a moderate price.

Super Special—The preferred racket gut for all-around use.

Davis Cup—High quality strings for speed in tournaments.

Varsity—The collegians' favorite.

Gold Star—Good quality, reliable gut at a big-value price.

Quality Controlled  by **ARMOUR**

Look to MEDART for...

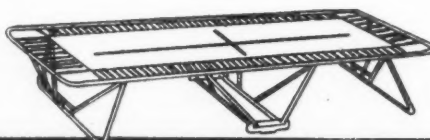
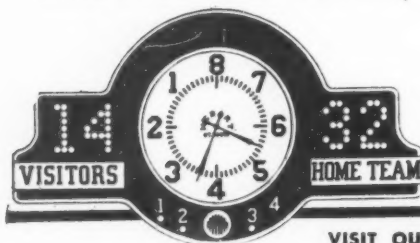
LEADERSHIP IN SERVING THE NATION'S SCHOOLS

74 years in serving the nation's schools has given Medart unquestioned leadership in the field of gym and locker room equipment and physical educational apparatus. During these years Medart has pioneered the development of new ideas and improvement which has earned for Medart products the slogan "the standard of comparison." Medart leadership and experience are your assurance of sound investment when you buy equipment made by... Medart of St. Louis.



Medart Makes The Following Equipment...

Steel Lockers • Steel Lockerobes • Gymnasium Apparatus • Telescopic Gym Seats • Basketball Backstops • Basketball Scoreboards • and the new Acromat-Trampolin



VISIT OUR EXHIBIT—BOOTH NO. 26 during the American Association for Health, Physical Education and Recreation Convention—Kansas City, Mo.—April 19-23.

FRED MEDART PRODUCTS, INC.

3535 DEKALB ST.

ST. LOUIS 18, MO.

FORMERLY

FRED MEDART MANUFACTURING CO.

ball unless he has a play, and if the pitcher is wild, he should never call for a waste ball.

He should always snap the ball back to the pitcher, not "lob" it. A fast base runner may advance on a "lob."

If the catcher's team is three or four runs ahead, he should not call for a waste ball. The team behind will seldom attempt to steal a base.

The catcher should call all plays in which the pitcher fields the ball. The pitcher cannot see the play and should listen to his catcher as to which base to throw to.

Whenever possible, the catcher should discard his mask for plays at the plate. If he hasn't time to throw it off, he should keep it on to avoid delaying the play.

On all cutoff plays from the outfield coming into home, the catcher tells the cut-off man what to do.

Whenever there is a man on base, the catcher should come up to throwing position after every pitch, ready for any play.

After graduating from the U. of Illinois in 1923, where he won letters in the three major sports, Otto H. Vogel played two years of major league ball (Chicago Cubs), then came to the U. of Iowa as head baseball coach. He is now recognized as one of the greatest coaches in college baseball. His teams have won four Conference championships and placed either second or third, six times.

"Here Below"

(Continued from page 5)

N.E.A. and the A.M.A. But through the years we have received any number of communications from schoolmen attesting to the success of junior high school football programs.

Norman, Okla., for example, has been operating a five-team grade-school league for years, with very happy results. The program is scrupulously supervised and the rules are adapted to the junior high level.

The result is an exciting game with practically no injury menace. (For a complete report on the Norman program, see Lyman L. Bryan's article, "Football for Graders?", in the September 1946 *Scholastic Coach*.)

That about sums up the situation as far as we're concerned. Give the kids meticulous supervision and a rule code adapted to their capabilities, and you can give them a limited program of football. If you can't give them this sort of attention, then stay away from the game by all means.

C's for Outfielders

(Continued from page 16)

opposite extremes of the field. In the beginning, call the numbers out before hitting. Later on, call the numbers after the ball is hit.

The first balls should be hit easy directly at the fielder whose number is called, to develop confidence. Then gradually make them harder so that he really must run for the ball.

The next step is with two sets of three outfielders, two boys in each field. They must now learn to watch the ball and at the same time be conscious of the other fielders, the wind, sun, terrain, and dangerous objects.

Thinking before each play is the important thing to stress here, and by placing runners on the base paths with orders to run the moment the ball is hit, actual game conditions can be approximated. The boys may take turns running the bases and playing the hits.

CONTINUOUS ACTION

This drill furnishes much valuable leg work and much needed experience in the art of base running. Too often in high school, nine fielders will stand around while one ball is being hit. If they are to learn coordination and develop condition, they must be practicing the fundamentals of their position during every moment of practice.

In using the three-man outfield drill, insist on the fielders backing each other up on every ball. This is not only sound baseball but excellent conditioning.

At this time, it may be wise to show the boys how to shade their eyes from the sun on high fly balls. The nearer hand may simply be lifted directly into the sun's rays, blotting them out.

With these easy steps, your outfielders can be brought along at the proper gait. Many a prospective player has lost heart and interest through an injury or a sharp rebuke while trying to do something his mind and muscle were not yet ready to attempt.

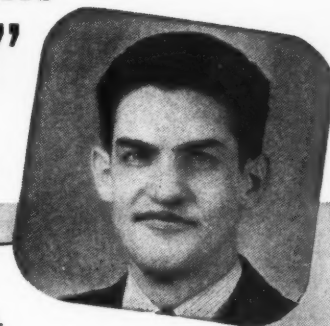
Only through patience and a graduated program can he develop coordination, condition, and confidence to their highest point of efficiency.

This is A. W. Roberts' tenth year as baseball coach at Ellenville (N. Y.) High School, and in that time he has had the good fortune to win 85% of his games, including four one-loss seasons, one undefeated season, and four league championships.

"Learning to shoot... of greatest value"

writes **FRED J. DOCKSTADER**

Cranbrook School, Bloomfield Hills, Michigan



CRANBROOK SCHOOL
BLOOMFIELD HILLS, MICHIGAN

Scholastic Publications
220 East 42nd Street
New York 17, New York

Dear Sirs:

Our conditions for riflery are limited, as with many other schools, by the number of shooters as against the time available and size of the range. We usually have about 80 shooters who must be accommodated on a six-port range. Since this means their time must be scheduled, many boys do not get as much practice as they need to become top-notch shooters.

Even with this limitation, however, the enthusiasm for riflery remains extremely high. Entirely self-supporting financially, our club owns several rifles which dues have purchased. These are available for all to use. Unless impossible, I encourage each boy to get his own gun, so he may become acquainted with it, and get the most out of the piece.

Aside from learning to shoot, the greatest value here seems to be the respect the boys soon get for their gun — what it will do, how to handle it, and how to care for it. Often green as grass, they come in ready to pop away at any and everything; but without exception, the need for quiet consideration of the others, concentration, and Safety First are deeply instilled by the time they leave the course. It is very gratifying to note how many acquire these fundamental principles very quickly, almost imperceptibly.

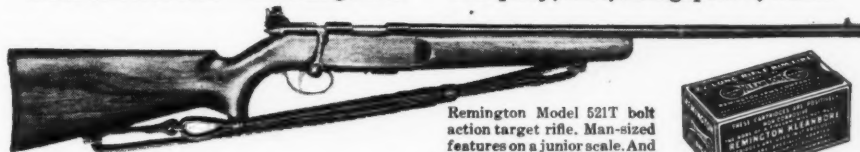
We regularly participate in the annual NRA and Hearst meets, plus several postal meets with several schools throughout the east and midwest. And I can assure you that your efforts in sponsoring The Scholastic Tournaments in high schools are a high spot in our program. It is an extremely valuable aid to us who coach. For this aid and encouragement, I am most grateful.

Very truly yours,

Fred J. Dockstader
Fred J. Dockstader
Cranbrook Rifle Club

Remington will help you plan the organization of a rifle club and the building of a range. As a starter, we shall be glad to send you, free, an interesting, fully illustrated booklet containing instructions on the operation of a rifle club—including information on equipment, marksman-

ship, target shooting, the construction of rifle ranges, and many other subjects of practical value. Just fill in the coupon and mail it to Rifle Promotion Section, Remington Arms Company, Inc., Bridgeport 2, Conn.



Remington Model 521T bolt action target rifle. Man-sized features on a junior scale. And Remington 22's with Klean-bore® non-corrosive priming.



*REG. U.S. PAT. OFF.

Remington



"If It's Remington—It's Right!"

Rifle Promotion Section
Remington Arms Company, Inc., Bridgeport 2, Conn.
Please send me, free, the Instructor's Manual on the operation of a rifle club.

Name _____
Address _____
School _____
City & State _____



Spring football practice time is almost here. Take advantage of MARBA'S fast, efficient service by sending your spring training equipment to MARBA for complete reconditioning. Naturally it will be returned to you in time for the football season.

Preserve your basketball equipment for another year. MARBA offers an economical and efficient plan to revitalize your equipment. Send your basketball equipment to MARBA for perfect cleaning and reconditioning.



DON'T WAIT!
Act now!
Send your equipment immediately to MARBA or write today for complete information

MARBA INC.
ATHLETIC EQUIPMENT RECONDITIONERS
495-31 NIAGARA ST. BUFFALO 1, N.Y.

Attention Coaches!

in

New England, New York, Pennsylvania
Ohio, New Jersey, Delaware
Maryland, Dist. of Columbia

To aid you in becoming acquainted with

NOCONA LEATHER GOODS CO.
Football & Baseball Equipment

RED FOX MFG. CO.
Football, Basketball & Baseball
Uniforms

LOGAN TRAINERS AIDS
Trainers Aids & Injury Pads

A letter from you will enable us to have the nearest Athletic Goods Dealer handling these lines call on you with samples. The outstanding designs and values will amaze you.

HAROLD F. SERGEL
Manufacturers' Representative
16 Murray St., Mt. Morris, N. Y.

New Films

- **PITCHING STARS OF BASEBALL.** Presented by American and National Leagues in cooperation with A. G. Spalding & Bros. Written and directed by Lew Fonseca. 16-mm., sound. Running time, 20 minutes. Rental free.

THIS is a four-star attraction, both in quality and quantity. Four aces—Harry Brecheen, Hal Newhouser, Bob Feller, and Ewell Blackwell—demonstrate the art of pitching; and the job they do is recommended unqualifiedly.

Photographed sharply in normal speed and slow motion, the film makes unusually effective use of stop action. The action is stopped cold at key points so that the commentator can point out the vital aspects of technique.

The commentary, incidentally, is superb. Lew Fonseca breaks down the fundamentals carefully and does a very professional job of explaining them in painstaking detail.

He takes the two great southpaws and the two star right-handers through their paces, showing first how they grip the ball for the various pitches, then how they actually deliver the ball.

It is exciting stuff, both visually and instructively.

- **THE 1947 WORLD SERIES.** Presented by American and National Leagues in cooperation with A. G. Spalding & Bros. and Hillerich & Bradsby Co. Written and directed by Lew Fonseca. Narrated by Bob Elson. 16-mm., sound. Running time, 35 minutes. Rental free.

ANYBODY who has seen one of these world series films knows how excitingly the baseball classic is always presented. Well, the 1947 film goes the previous jobs one better. Thanks to improved photographic techniques, the action is now brought closer to the spectator, lending considerably more excitement to the proceedings.

The film leads off with a review of the All-Star game, takes a "cut" at the Yale-California collegiate playoff, then really squares off on the series between the Yankees and the Dodgers.

It shows how all the runs were made, the key hits, and the key fielding plays. You see DiMag' rapping his two homers, Gionfriddo and Lindell making their circus catches, Page and Casey doing their great relief stunts, Robinson running the bases, and all the other now historical high-points.

In reserving these films, make sure to specify a few alternate dates. You pay shipping costs only.

Write to the American and National Leagues, Motion Picture Division, 64 East Jackson Blvd., Chicago 4, Ill., or address the nearest A. G. Spalding & Bros. district office: 1137 S. Hope St., Los Angeles 15; 401 N. Broad St., Philadelphia 8; 180 N. Wabash Ave., Chicago 1; 19 Beekman St., New York 8, N. Y.

The Pennsylvania State College

Summer Sessions

Graduate and undergraduate work.

One to 15 weeks of study.

Specialized courses in health education, physical education, recreation, and athletics.

Cool, mountain environment ideal for summer study and recreation.

DATES OF SESSIONS

Inter-Session

June 8 to June 25

Main Summer Session

June 28 to August 7

Post-Sessions

August 9 to August 27

August 30 to September 18

For further information address:

Director of Summer Sessions

Room 119 Burrowes Building

THE PENNSYLVANIA STATE COLLEGE
STATE COLLEGE PENNSYLVANIA

GYM MATS

QUICK SHIPMENT



5'x10'x2" \$35⁰⁰

PETERSEN GYM MATS
PHILADELPHIA 44, PENNA.

Pre-Spring Special

TSHIRTS

White—Full Fashioned.

First Quality—Combed Yarn.

School Name & Emblem—Any Color.

In Velverette \$8.40 doz.

Painted Lettering 8.00 doz.

Small—Medium—Large

IMMEDIATE DELIVERY

THE GREENE COMPANY
175 FIFTH AVE., NEW YORK 21, N. Y.

STEP UP AVERAGES...

Step up to



**HANNA
MANUFACTURING COMPANY**
ATHENS, GEORGIA



We promise no miracles, but it may pay you—as it has others—to find out what Williams can do to supply the grandstands you need. Williams Grandstands are designed and built to meet your specific conditions and are supplied in every type for outdoor and indoor use. They have steel's strength. Their construction incorporates the famous Williams' 4-to-1 factor of safety which exceeds all code requirements and cuts insurance rates "to the bone." Write us outlining your needs, regardless of your present commitments.

WILLIAMS *Steel* GRANDSTANDS

PORTABLE • PERMANENT INDOOR • OUTDOOR FOLDING • ROLLING

CHECK WITH
WILLIAMS
ON YOUR
GRANDSTAND
REQUIREMENTS

FILL IN ↓. TEAR OUT
MAIL!

WILLIAMS IRON WORKS, INC.
430 East 102nd St., New York 29, N. Y.

Gentlemen: Send me your new FREE grandstand catalog.

My name

School

Address

City State

You Don't Need to Play on Dusty Fields

Use

SOLVAY
TRADE MARK REG. U. S. PAT. OFF.
**CALCIUM
CHLORIDE**

Nobody enjoys playing games on a dusty field. And it cuts the game when customers can't see the plays. So easy to avoid dusty playing fields with SOLVAY Calcium Chloride . . . and so inexpensive, too.

SOLVAY Calcium Chloride is clean, colorless and odorless. It gives you a firmly bound surface free from dust. For over 25 years SOLVAY Calcium Chloride has been used by leading athletic clubs to banish dust from playing fields.

SOLVAY SALES DIVISION

ALLIED CHEMICAL & DYE CORPORATION

40 RECTOR STREET

NEW YORK 6, N. Y.

MADE FOR EACH OTHER!

Yes, sir: A .22 caliber rifle and a Mossberg scope are 'naturals' together. Scope aids the eye, brings the target up big and clear, easy to hit. And scope shooting is great fun! Mossberg Internal Adjustment Telescope Sights fit most makes of .22 caliber rifles.

ILLUSTRATED: Mossberg .22 cal. model #46B (\$23.90 — West of Rockies, \$24.60) and Mossberg 4-power scope model #5M4 (\$9.95).

O.F. Mossberg
 & SONS, INC.

88703 St. John St., New Haven 5, Conn.

See them at
your dealer's
Send for free de-
scriptive folder.
(No sales at factory)



Wrestling Course

(Continued from page 26)

V. Break for $\frac{1}{2}$ -nelson by wing lock on near arm:

(a) Top man gets $\frac{1}{2}$ -nelson with left hand.

(b) Bottom man locks that left elbow with own left arm.

(c) Bottom man twists left shoulder and places it where right hand touches mat.

(d) Remain on knees.

(e) Step over opponent, left leg first.

(f) Work way up to opponent's shoulders and a pin grip.

This grip will give the students a little difficulty at first, but if the cues are given properly they will soon master it. Remember to call out—"twist left shoulder to right hand, remain on your knees; lift left leg up and step over your opponent; work up to fall."

Explain that the top man can prevent his being rolled by extending his left leg to the side. The bottom man can then counter by spinning around to the right quickly and completing the roll. Or, if that is not possible, he may suddenly grasp the top man's wrist, and execute a side roll the other way. If one hold is blocked, another should be tried in its place.

LESSON 4

I. Warm-up

II. Review

(a) Far knee and far ankle.

(b) $\frac{1}{2}$ -nelson and crotch from referee's position.

(c) Wing lock on near arm.

III. Double bar arm

(a) Turn perpendicular to bottom man.

(b) Reach left hand over bottom man's two arms and grasp right arm above elbow.

(c) Reach right hand under two arms and grasp right arm.

(d) Pull arms towards you at same time twisting and rolling man to his back.

(e) Maintain hold on two arms—stay perpendicular to bottom man's shoulders.

IV. Blocks for double bar arm

(a) Before two arms are locked: 1. Extend right arm outward so that top man cannot grasp it; 2. When top man releases his right hand from around your waist, turn away from him, stand up, and escape.

(b) After two arms are locked: 1. Extend right leg to side, thus preventing top man from rolling you; 2. Top man counters by swinging

around to left quickly, then suddenly twisting and rolling opponent to mat.

V. Inside roll

This is similar in principle to wing lock on near arm, and is executed by bottom man when opponent tries a double bar arm.

(a) Top man reaches across both arms and grasps bottom man's right arm with left hand.

(b) Bottom man grasps top man's left bicep with own left hand.

(c) Twist left shoulder to right hand, remain on knees.

(d) Step over opponent, left leg first, and work up to fall.

VI. Waist and toe hold

(a) Shift left arm around to waist of bottom man.

(b) Grasp bottom man's right ankle with right hand.

(c) Lean weight on man, pull ankle forward, and drive bottom man to face.

(d) Lock that right toe with your right thigh.

(e) Now try to move defensive man to his back and a pin.

(f) Top man gets 1/2-nelson on opponent's left side with left hand.

(g) Top man gets perpendicular to bottom man's shoulders and proceeds to roll man over to his back and a pin.

VII. Simple block for waist and toe hold

Bottom man extends right leg backwards.

LESSON 5

I. Warm-up

II. Review

(a) Double bar arm.

(b) Inside roll: Have top man try for a farm arm and far ankle. As top man reaches for right arm under left, bottom man locks that left arm and executes inside roll.

(c) Waist and toe hold.

III. Step over (escape)

(a) Bottom man moves back as far as he can.

(b) Lift left leg up in air.

(c) Push into side of top man at same time stepping over man. Keep circling right around until you get perpendicular to his shoulders.

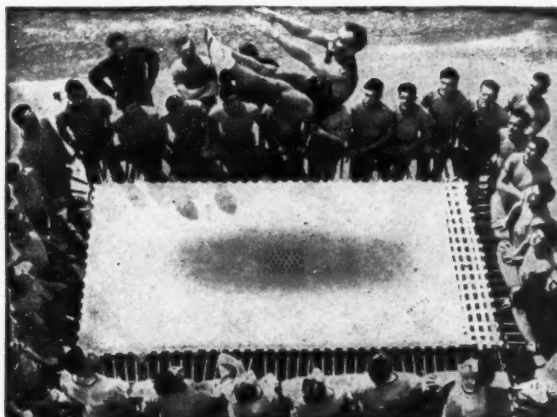
(d) Bottom man's face is towards mat during entire move.

This escape as well as the "turn-in" which follows, is very effective against opponents who do not get the proper referee's position. A top man who rests high up on his opponent is open for these moves.

IV. Turn-in (escape)

(a) Bottom man drops left shoulder.

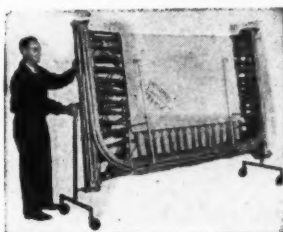
In Trampolining The "Name" is Nissen



Used
by
Armed
Forces

Action
over
Trampoline

"Name TRAMPOLINE Reg. U. S. Pat. Off. All Rights Reserved



One Man Folds It . . .
One Minute Does It

Not Quite Magic, But

NISSEN

The 1948 "All-One"

*TRAMPOLINE

Advanced Flashfold Model 48-T with Exclusive Nissen Roll-Out Feature . . . Indoor or Outdoor Trampoline.

**LIGHTER—STURDIER—WIDER—
LONGER—CLOSER TO GYM FLOOR—
QUICKLY ROLLED TO STORAGE
POINT.**



MODEL 5000-T
FOLDED AGAINST
WALL OF GYM

ONE MAN DOES IT ALL

WRITE FOR FREE LITERATURE
AND PRICES OF MODELS 48-T
and Original, Improved MODEL 5000-T

NISSEN TRAMPOLINE

200 A AVENUE NW

CEDAR RAPIDS, IOWA

15th **NADEN** year

FOOTBALL BASKETBALL

ELECTRIC SCOREBOARDS AND TIMERS

Write for literature and prices

NADEN & SONS ELECTRIC SCOREBOARD CO.

1434 Second St.

P.O. Box 141

Webster City, Iowa

For your Tennis Program



ALL INTRAMURAL SCHOLASTIC TENNIS TOURNAMENTS

- Open to all senior and junior high schools in the United States.
- No entry fee, no red tape attached to entering. The coupon below will be accepted as an entry.
- Scholastic Tournaments are strictly intramural. Every school has complete and sole control over its tournaments and may hold them any time before the end of the term.
- Free medals will be presented to the winners of all your tournaments. Free draw charts will also be furnished to every school.



ENROLL NOW

SCHOLASTIC TENNIS TOURNAMENTS, 220 East 42 Street, New York 17, N. Y.

Please register my school in the following tournaments:

☐ BOYS' SINGLES

☐ GIRLS' SINGLES

☐ DOUBLES

School enrollment _____ Send awards by (date) _____

Name _____ Position _____

School _____

Street _____

City _____ State _____

- (b) Turn left into top man.
- (c) Reach left arm around waist of top man.
- (d) Grasp opponent's left arm with your right.
- (e) Pull arm around in front of you and fall on man's chest for a pin.

V. Hammerlock and 1/2-nelson

- (a) Top man slips left hand down from opponent's left elbow, and grasps latter's left wrist.
- (b) Place head against bottom man's upper left arm.
- (c) Pull wrist towards you at same time pushing with your head. Drive man to his face and get a hammerlock with left hand.
- Explain what a legal hammerlock is.
- (e) Get 1/2-nelson on right side.
- (f) Push opponent to back and a fall, maintaining hold on left arm.

LESSON 6

I. Warm-up

II. Review

- (a) Step over.
- (b) Turn-in.
- (c) Hammerlock and 1/2-nelson.

III. Sit through (escape)

- (a) Bottom man brings right leg up to and outside right arm.
- (b) Shoot left leg through to come to sitting position.
- (c) Roll down on left shoulder.
- (d) Whip right leg up and around while pivoting on left shoulder.
- (e) Come to a neutral position on all-4's, facing opponent.

IV. Counter by top man

- (a) Follow around.
- (b) Hold on to waist with both arms as bottom man sits through. Take bottom man down by applying shoulder pressure on his right or left side.

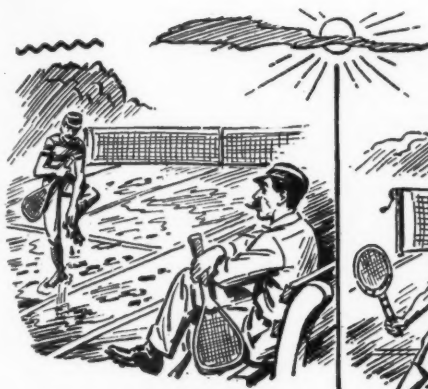
V. Switch

- (a) Bottom man turns up his right leg, pivoting from toe.
- (b) Bring left hand to where right hand is resting on mat.
- (c) Shoot left leg through, coming to sitting position.
- (d) Bring own right arm over opponent's right and grasp his crotch.
- (e) Move buttocks away from man at same time applying pressure on arm.
- (f) Turn in to get on top of man.

VI. Simple counter to switch

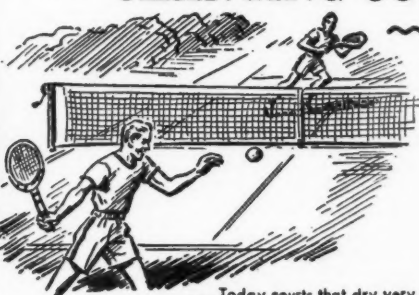
As bottom man sits out, step across him. Sit-through and switch are more difficult to master than other holds and will require more time.

(Continued on page 60)



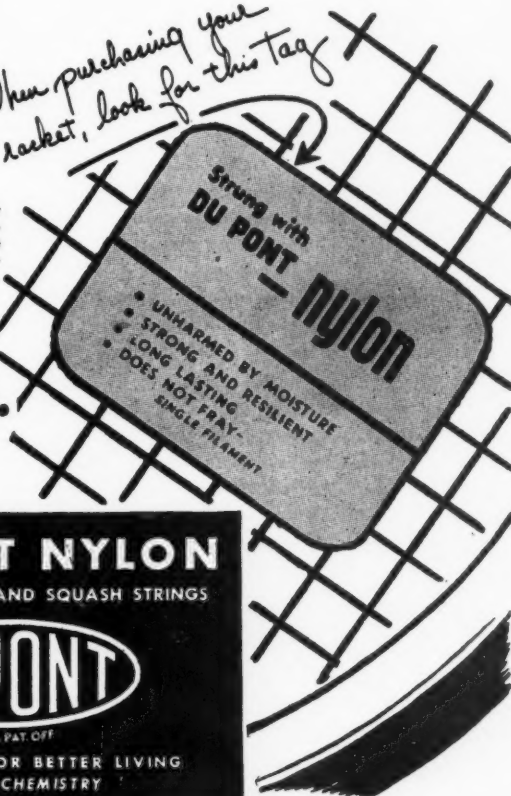
A rainstorm was a major catastrophe to tennis enthusiasts of the "Gay Nineties." Heavy showers turned common dirt or clay courts into a sea of mud, sidelining players for days...

CHANGING COURTS - - a series by Du Pont



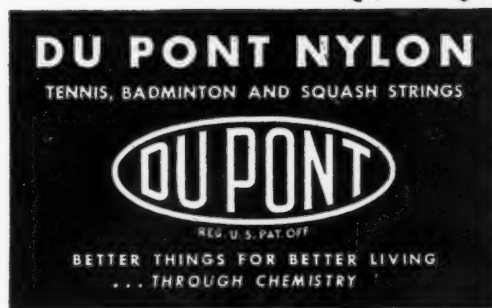
... Today courts that dry very rapidly have been developed, made with compositions of cork, asphalt, slate, granite and many other materials. Most are playable within one or two hours after rain.

When purchasing your racket, look for this tag



Today's change for the better...

Your students will find great satisfaction in playing with Du Pont nylon tennis strings. Nylon strings are strong and resilient, stand up under constant use, and don't fray or split. And they're moderate in price. Advise your pupils to choose nylon for new rackets and re-stringing jobs. E. I. du Pont de Nemours & Co. (Inc.), Plastics Dept., Room 513, Arlington, New Jersey.



PAGE Stainless Steel TENNIS-NETS

Up summer and winter for 8 years and "still almost like new!"

Gould Shaw
Warrenton, Va.

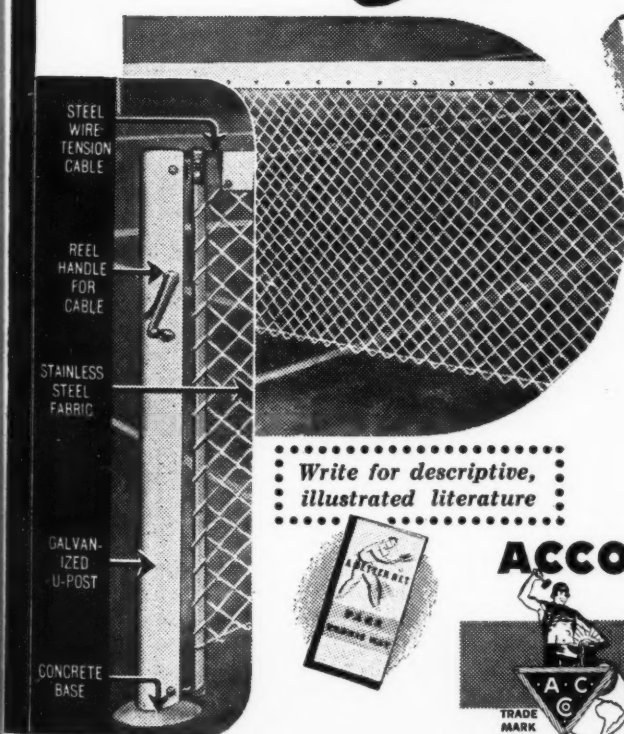
PUT UP A PAGE FOR BEST NET RESULTS

Approved by coaches and administrators because of constantly maintained playing height, rebound control and smooth, non-injurious surface. Tension is easily regulated. Stainless steel wire is corrosion-resisting and will not harm balls nor players. Top finish and center band are heavy canvas.

Approved by superintendents because of great strength and economy. Net can be put up once and left in position all season. Replacement not necessary for many years. Maintenance costs are practically eliminated. PAGE Net Posts are specially designed, sturdy and will add to the life of the net.

Monessen, Pa., Atlanta, Chicago, Denver, Detroit, Los Angeles, New York, Philadelphia, Pittsburgh, Portland, San Francisco, Bridgeport, Conn.

PAGE STEEL AND WIRE DIVISION
AMERICAN CHAIN & CABLE



Write for descriptive, illustrated literature



ACCO



What's in a shoe?



In fine, fast footwork, the shoe often makes the extra advantage for your side. What better proof of Keds' athletic standing than this—they're the Shoe of Champions—and have been for so many years.

Keds' famous features, always pioneered through research, today offer the last word in foot-help and foot-health for your teams. Keds mean stamina when your boys are out to win! *Be sure they ask for and get, genuine KEDS.*



HI-POINT—the special Keds Basketball shoe. Arch cushion, molded sole.



CHAMPION—for tennis, sure-footed speed. Arch cushion.

U.S. Keds
REG. U. S. PAT. OFF.
The Shoe of Champions

MADE ONLY BY

U.S. RUBBER
SERVING THROUGH SCIENCE
UNITED STATES RUBBER COMPANY

MADE WITH UTMOST SKILL AND CARE

★ Powers' standards of fit and comfort set the pace in fine quality wear. For the finest appearance of all use Powers' athletic uniforms.

THE POWERS MANUFACTURING CO.
WATERLOO . . . IOWA

Powers ATHLETIC WEAR

SEND FOR FREE CATALOG

Wrestling Course

(Continued from page 58)

LESSON 7

I. Warm-up

II. Review

- (a) Sit through.
- (b) Switch.

III. Standing position

- (a) One foot slightly in front of other.
- (b) Legs well apart.
- (c) Trunk leaning forward.
- (d) Arms well in front for protection.

IV. Maneuvering around in a standing position

- (a) Maintain a general well-balanced position.
- (b) Don't cross one leg in front of other when moving from right to left or vice versa.
- (c) Don't expose one leg when moving forward or back.

V. Tie-up position from a stand

- (a) Each man puts right hand on opponent's neck.
- (b) Left hand grasps right arm under elbow.
- (c) Legs are well back and in good balanced position.

VI. Maneuvering about in tie-up position

VII. Leg dive takedown

- (a) Lift opponent's arm from tie-up.
- (b) Drop to knees in front of opponent's toes.
- (c) Lock arms around legs, putting neck to right side of opponent (not between legs).
- (d) Extend left leg to side as
- (e) You gather in legs and push toward side away from head.
- (f) Work way up to shoulders and a fall.

VIII. Block for leg dive

- (a) Grasp diver under both armpits.
- (b) Rest weight on his back.
- (c) Throw own legs straight back.
- (d) Spin around behind opponent.

IX. Pick-up

- (a) Place right hand on opponent's neck and use it to guide him around mat. Apply pressure in such way that will cause him to step forward and across with his left foot.
- (b) Drop to right knee, putting pressure on his neck.
- (c) Reach for his left ankle.
- (d) Pull leg up and push neck down and bring opponent to mat.
- (e) Work way up to shoulders and a fall.

X. Bar arm and chancery from tie-up

- (a) Push opponent's head down with right arm and clamp headlock with right arm.
- (b) Slide left hand under opponent's right and place own hand on his back.
- (c) Get down to right knee.
- (d) Apply pressure on back and neck to roll man down to his back.

LESSON 8

This lesson was conducted as a general review of all the holds learned during the course. The same procedure that was followed in all the other shorter reviews was used here, too. The instructor demonstrated the hold; the student went through the hold step by step, and finally worked the grip in its entirety.

Any time that was left over was used for practice wrestling bouts.

LESSON 9

This was a review lesson, too, although it was conducted in a different manner. The students paired off according to weight and assumed the referee's position on the mat. They held the same relative positions until the instructor told them to reverse.

The instructor stood at the side with a list of all the holds covered during the course. He would call out, "Top man, execute a waist and toe hold," pause a second and then give the signal to wrestle. The top man would then execute the hold quickly.

The instructor might say next, "Bottom man, execute a side roll," and give the signal to wrestle. Or, he might say, "Top man, get a ½-nelson, bottom man block the hold."

This sort of review makes the holds the students have learned more functional and keeps them wide awake and on their toes. Again, any time that was left over was used for practice wrestling bouts.

LESSON 10

This consisted of wrestling bouts between students of equal weights. The bouts were divided into two 2-minute periods and students acted as referees, timers, and scorers.

Results of the course were good despite the short time that was spent. Many of the students wrestled surprisingly well for so few hours of instruction. Some of the students became interested enough to come out for varsity.

Nearly all the students learned to appreciate wrestling as a sport

where science, skill, speed, strength, and balance all played a part in making a good wrestler.

The writer, in closing, would like to cite a passage from Henry A. Stone's fine book, *Wrestling, Intercollegiate and Olympic* (Prentice-Hall, Inc.):

"Organized wrestling provides an outlet for the athletic ambitions of boys or men of almost any size. The competitive classes are divided into weight divisions which at no time differ by more than ten pounds. . . .

"Little fellows who are considered too small to be of value for any other team can always find a place for themselves on the school wrestling squad. These smaller boys are never at a disadvantage because of their size, since they are contesting on equal terms with others of the same weight. The values of wrestling are not monopolized by the contestants in the heavyweight division. . . .

"The novice wrestler can always select someone of about equal skill, and the two may wrestle to their hearts' content with neither feeling that he is being 'carried.'"

Ralph Cutter, former City College of New York wrestler now teaching in the New York City system, instituted this course while intramural wrestling coach at Champlain and Sampson colleges.



DO THE BOYS PLAY TOO ROUGH?



Your team wouldn't be worth a darn if they didn't "play for keeps." But that means injuries - bruises, sprains, strains!

That's where *you* come in, Mr. Trainer. These are *your* headaches. And that's when Antiphlogistine really does its stuff!

You know the value of Moist Heat applied over long periods of time.

Well, Antiphlogistine - a ready-to-use medicated poultice - supplies this helpful Moist Heat for many hours, without fuss or bother. It eases pain, helps reduce swelling, speeds up recovery.

Check your stock of Antiphlogistine *now!* Have it ready to meet the many emergencies that come up in your job.

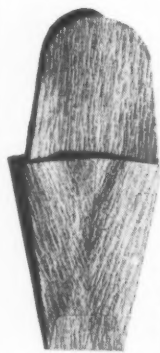
Write in for Your FREE Booklet - "Athletic Injuries"

ANTIPHLOGISTINE HELPS YOU "KEEP 'EM IN THE GAME"

Antiphlogistine

Product of
The Denver Chemical Mfg. Co., Inc.
New York 13, N. Y.

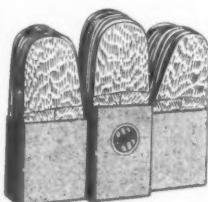
COACHES! Instructors!



These Sturdy
**PAPER
SLIPPERS**
Give
**Positive
Foot Protection**
in LOCKER ROOMS,
SHOWERS & POOLS

Sani-Treads help
prevent the spread
of foot diseases.
These are the
original,

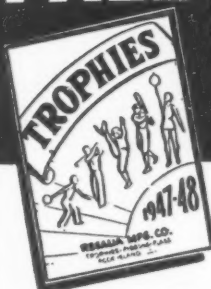
tried-and-true, water-resistant
paper slippers . . . used for 25
years. Inexpensive; one size fits
all. Send for samples and low
prices. Sani-Tread Co., Inc., 1728
Elmwood Ave., Buffalo 7, New
York.



**DISPENSER
RACKS**
Available

SANI-TREADS

FREE NEW BOOK OF ATHLETIC TROPHIES RIBBONS AWARDS



Gives you
all the new-
est ideas on
awards for

every type of athletic
event . . . Basketball, Baseball,
Football, Track, Swimming, Golf,
etc., etc.

Latest types of Trophies, Plaques,
Cups, Statuettes, Fobs, Rings,
Charms, Medals, Pins, Ribbons,
Flags, etc. Illustrations in natural
colors. Packed with information
that will really help you.

WRITE

Tear out and
write today for
your free copy.

FREE

without cost or
obligation. This
book should be in
your file.

REGALIA MFG. CO.

DEPT. 102

ROCK ISLAND, ILL.

THE ORGANIZATION AND ADMINISTRATION OF

High School Athletics

By L. JACK SMITH

FOR what it may be worth to coaches and school administrators, here is a brief summary of a thesis on the organization and administration of high school athletics, accenting the policies and practices of the larger schools throughout the country.

The success of any program of interscholastic athletics depends on the thought that has gone into the planning of the program and the interest and the ability of the men responsible for it.

Everybody connected with the program should constantly be studying the way other schools are handling their problems so that they may apply this experience to their own organizational difficulties.

The superintendent and the principal, being the final authorities for the program, should have a thorough understanding of their responsibilities and should hire men who not only can do a good coaching job but who can prepare and administer an efficient educational program for the entire staff.

Only through a strong staff is it possible to project the benefits of the program to the entire school body. One weak member may ruin the efficacy of the entire program.

EXISTING POLICIES

The following policies and practices are found in most of the larger high schools:

1. To bring as many faculty members and students into the administration as possible.

2. To organize an athletic council representing the school administration, faculty, athletic staff, and public to consider and to make policies for the athletic administration. From seven to eleven members are desirable.

3. To have an executive committee composed of the principal, assistant principal, one school board member, faculty manager, one layman, athletic director, and the physical education director to make

recommendations to the athletic council.

4. To have the supervising principal act as chairman of both the athletic council and the executive committee on athletics.

5. To have a constitution and by-laws for the athletic council.

6. To have the highest trained member of the athletic staff as the faculty manager of athletics. He is to be the business manager and the connecting link between the athletic council, the coaches and the program.

7. To have the secretary-treasurer appointed by the supervising principal.

8. To administer a program that can contribute to health, recreational interest, social objectives, and to the building of good morals and good citizens.

9. To have the entire staff responsible for the health and safety of the program.

10. To have the school represented at all conference, district, and coaches meetings.

11. The athletic council should make policies for:

(a) The dispensation of available facilities and personnel.

(b) The length and frequency of each sport.

(c) A satisfactory system of accounting for all expenditures of money.

(d) Methods of financing the athletic schedule.

(e) An equal distribution of duties and responsibilities by the staff.

(f) The understanding of the relationship of the local school to its league and state associations.

(g) The care of and payment for athletic injuries.

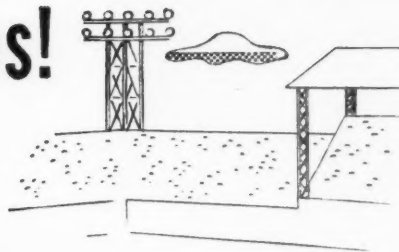
(h) The delegation of authority to coaches or faculty managers in matters pertaining to contracts, eligibility, equipment, schedules, budgets, publicity, tickets, facilities, transportation, and contest management.

(Concluded on page 70)

For Those "Extra Base" Drives!



Arkansas TRAVELER BATS



They're sensational when it's four-sacker performance you want! They're made from genuine straight grain Ash—AIR-DRIED AND SEASONED—perfectly BALANCED—and specially finished to give that professional BONE-RUBBED FEEL every big-leaguer wants.

For Extra Drive on the diamond you can't go wrong with Arkansas Travelers. They're tops!

At Better Dealers Everywhere



P. O. BOX 2339 LITTLE ROCK, ARK.

America's Finest Baseball and Softball Bats **ARKANSAS TRAVELER** Fine Aluminum Outboard and Fishing Boats

THE COACHES CHOICE Jackets by . . .



Two top-ranking Travel Surcoats that outstanding coaches agree on pre-season, post-season, all year round. Worn with pride, year after year, by major and minor league baseball, football, basketball and hockey teams . . . in schools, colleges and athletic clubs. Another indication that -

"Your Best Bet's Butwin."

Distributed by leading sporting goods dealers everywhere. If your dealer can't supply, write for name of nearest dealer.

2207

2437

BUTWIN SPORTSWEAR CO.
FINCH BLDG. ST. PAUL 1, MINN.

Coaches' Corner

Please send all contributions to this column to Scholastic Coach, Coaches' Corner Dept., 220 East 42 St., New York 17, N. Y.

One of Joe McCarthy's prize anecdotes concerns the fabulous screwball, Jay Kirke, whom Joe managed at Louisville. One day, Kirke muffed a signal which cost Louisville the game. McCarthy, usually a mild sort of gent, blew his top. He told Kirke to meet him in the clubhouse after the game and warned him to be prepared for action.

McCarthy paced the floor savagely. He waited and waited, but Kirke didn't show. The longer Joe paced, the more furious he became. Most of the players were dressed when the door opened. There stood Kirke—and a priest.

"Come in, Father," said Jay. "I want you to meet my friends."

Umpire George Magerkurth's retirement leaves a 250-pound gap in the National League scene. A brawling, colorful buffalo of a man, he probably was the most combative Blind Tom in the business. The portrait of Maje which fans remember most is the one showing him on his back in Ebbets Field with a customer half his size astride his bosom, belaboring him vigorously.

It pained George deeply to appear in the papers in so undignified a posture. But he proved a prodigiously forgiving soul. His assailant, an ex-convict out on parole, was returned to the hoosegow as a result of the affair. Upon his release some months later, Magerkurth declined to press assault charges.

"I," quoth George with splendid Christian tolerance, "am the father of a boy myself."

Jack Lavelle, the Notre Dame grid scout who doubles as a starter during the track season, had trouble with his gun at the Millrose Games this winter. The thing wouldn't go off to start the last relay. So Lavelle disgustedly tossed it away and pulled another shootin' iron out of his pocket. Thereupon a voice floated down from the gallery, "Hey, Jack, why don't you use a bow and arrow?"

What's-that-again dept. From PM, the New York newspaper: "Kentucky, it has been expounded on the radio, is the home of shoeless gentlemen who sip mint juleps well but spell like drunken telegraphers. This appeared to be partly true in Madison Square Garden last night when Jim Line and Ken Rollins of the Kentucky basketball team showed up in

uniforms bearing their University's name spelled thusly—KENTUCKY."

Darn shirts must have been inside out.

The consecutive games won record in six-man football is going up. In January we listed it as 30. Whereupon Coach M. F. Wika of De Smet (S. D.) High quickly informed us that his teams had won 31 in a row between 1942-46, scoring an average of 41 points per game to their opponents' 9.9. Then came a communique from Okie O'Connor of Baltimore, to the effect that the record is 32 straight, chalked up by Henrietta (Mo.) High.

As his entry in the individual-football-performance sweepstakes, Coach Pete Dugan of Massena (N. Y.) High forwards a resume of the havoc his speedy left half, Gusto Creazzo, wreaked against Potsdam High last season. Gusto gained a total of 394 yards, scored two t.d.'s on runs of 74 and 54 yards, and set up three of his team's four other touchdowns. In two subsequent games, he tallied five more times on runs of 75, 40, 60, and 69 yards. Not bad for a 16-year-old

sophomore who started the season as a third-team end!

Did any high school football player travel more than 104 yards for a touchdown last season? The question comes from Coach Jerry Moriarty of Beach (N. D.) High. One of his boys, Durwood Wagner, turned the trick on a kick-off return.

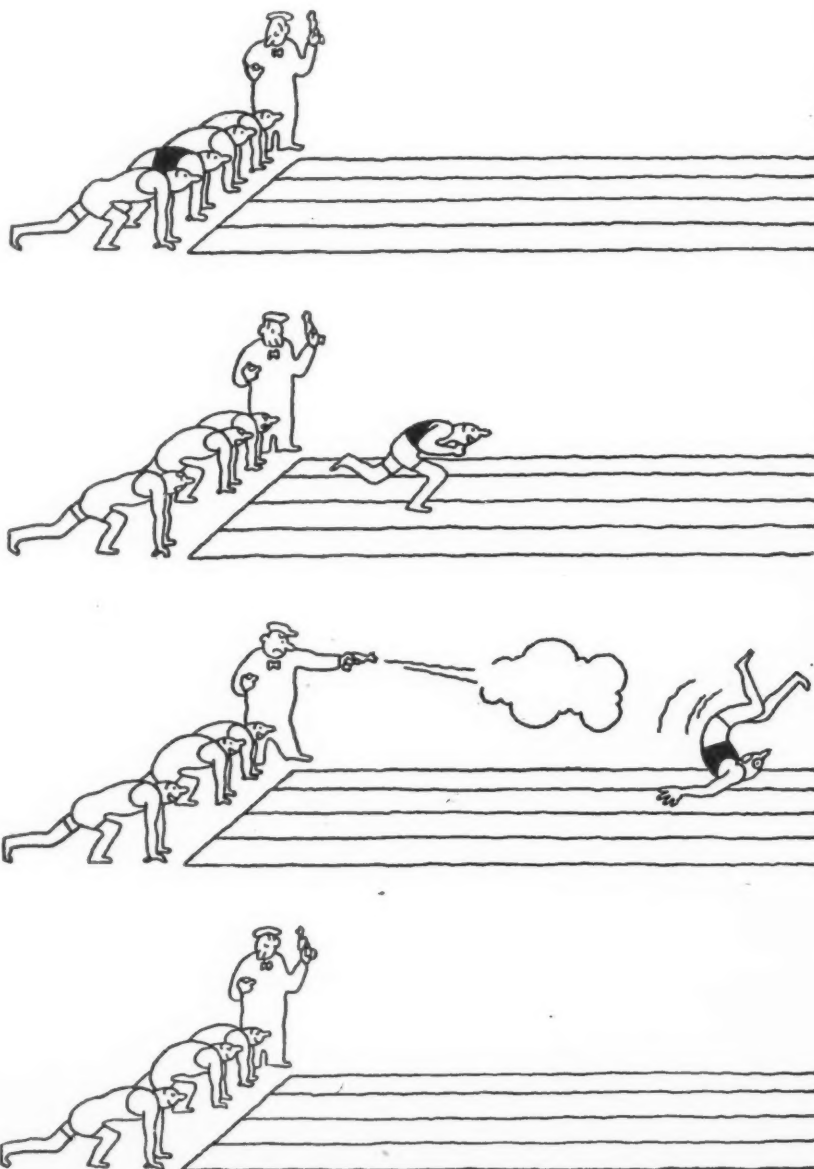
The big, tough big-league manager died and went to a certain point far south of heaven. Just as he was settling down for a nap beside the fire, a burly gent stepped up and slapped him on the back.

"Remember me?" inquired the character.

"Can't say that I do," replied the manager.

"Well, back on earth I asked you 50 times for a fryout and you said you'd see me here first."

Prompted by a desire to help his favorite club, the Cubs, John Phillips, the Chicago statistician, took a whirl at scouting last summer. He heard about a wonderful young pitcher and hurried out to take a look. The



Gardner Rea in Collier's

prospect proved to be even greater than anticipated. Phillips phoned Charley Grimm in frantic haste.

"Charley," he said excitedly, "I've landed the greatest young pitcher in the land for you. I wouldn't have believed it if I hadn't seen it. He struck out every man who came to bat—27 in a row! Nobody could touch him. Nobody even got a foul until two were out in the ninth. The pitcher is right here with me. What shall I do?"

Back came Grimm's voice. "Sign up the guy who got the foul. We're looking for hitters."

Frank Keaney, Rhode Island State's basketball coach, was trying to tutor his freshmen in the art of free throwing. But one brash kid kept interrupting repeatedly to contradict and correct the coach. Finally Keaney blew up.

"Look, son," he said. "Go right on to the infirmary and tell the psychiatrist to give you a sanity test. If he finds you mentally okay, tell him to give you a written confirmation of that and bring it back to me."

The yearling's ears burned and he left immediately. He returned a half hour later waving a slip of paper in his fist. He thrust it into Keaney's face.

"I've got it, Keaney," he challenged. "Now let's see you get yours."

Midget basketball—it's fabulous. Take the Cherokee (Kan.) 92-pounders, for instance. They recently won a grade school tourney at Oswego by defeating Edna, Mound Valley, and Galena by scores of 45-1, 73-0, and 40-14, respectively. Then they won the Tri-State tourney by scores of 40-12, 20-6, and 23-18. The Cherokee midgets have won 18 straight games this year, tallying 505 points to their rivals' 117. Coach Lawrence D. Redd claims the national championship and will play anyone anywhere.

Ken Roller, Oswego coach, backs Redd up. He also adds this interesting piece of information: That in beating Mound Valley, 73-0, the Cherokee midgets scored 54 points in the second half and 32 in the final period. When you remember that midget ball is played in six-minute quarters, the statistics become almost impossible to believe. Roller finishes his letter on a wry note: "In their final game against Galena, Cherokee's defense fell to pieces and they won only 40-14."

Next to a ball, the most vital piece of equipment needed for basketball games these days is an adding machine. That's the only way to keep track of some of the scores. Prize exhibit is the Rio Grande College-Wilberforce Church U. game. Final score: Rio Grande 118; Wilberforce 116. A real pitchers' battle!

No sooner did we get the above off our chest when this item came in (from Payne Muir, coach at Mexico, Mo., High). Playing against Fulton High on January 31, Mexico jumped

Shrink-treated Wigwam Socks

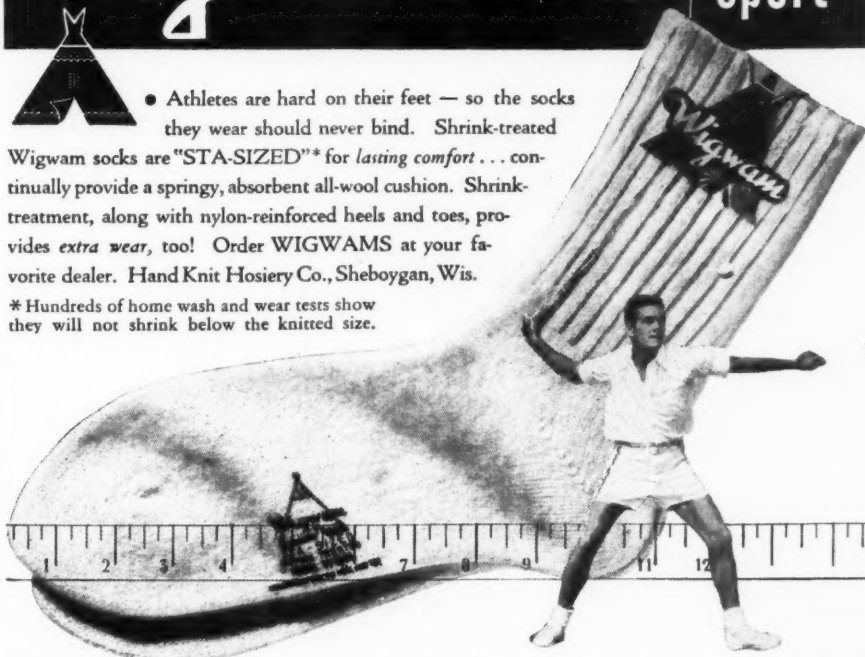
for every sport



• Athletes are hard on their feet — so the socks they wear should never bind. Shrink-treated

Wigwam socks are "STA-SIZED" for lasting comfort... continually provide a springy, absorbent all-wool cushion. Shrink-treatment, along with nylon-reinforced heels and toes, provides extra wear, too! Order WIGWAMS at your favorite dealer. Hand Knit Hosiery Co., Sheboygan, Wis.

* Hundreds of home wash and wear tests show they will not shrink below the knitted size.



They're "STA-SIZED" for lasting comfort

BE IN TIME FOR THE COMING FOOTBALL, BASKETBALL SEASONS!

INFLATED GOODS Repaired as Good as New!

Send in your footballs, basketballs and other inflated goods now—in time to be as good as new for the coming seasons... old equipment can be used for practice sessions or freshman teams after repaired... we insert new bladders, repair linings and covers, repair inflated goods with the guarantee you'll be satisfied. Write for details today. Prompt service.

Write for our latest price list on sport goods for immediate delivery. We welcome institutions and teams. All terms net, 10 days to rated accounts. All others 1/3 down, balance C.O.D.

We have moved to new and larger quarters... note our new address!

Mages Sports Distributors, Inc.

Wholesale Distributors

437 South Wabash Ave., Chicago 5, Illinois

Dept. 5



All Intramural SCHOLASTIC RIFLE TOURNAMENTS

HERE's a sure-fire hit for your rifle program—an intramural tournament run by you wholly within your school. There is no obligation—no red tape. All you do is fill out the coupon. We send the awards (one for each quarter-finalist, plus a special award for the winner!), drawcharts and other helpful materials.

If your school has no rifle program, Scholastic Coach will help you start one. We will send you all the necessary materials on facilities and club organization. (See coupon below.)

If the number of students qualifying is so large that you wish to run your tournament in sections, indicate this in the coupon and we will send awards for the winner of each section.

At right is the award for boy and girl winners of your tournaments. It is a brassard $3\frac{1}{2}$ inches in diameter whose design and lettering are embroidered in silk on a heavy felt base. The colors are red and gold on dark blue.



APPROVED BY THE NATIONAL RIFLE ASSN.

SCHOLASTIC INTRAMURAL RIFLE TOURNAMENTS, 220 E. 42 St., New York, N. Y.

Please enroll my school and send the awards, draw chart and tournament instructions.

We will have a boys' tournament ☐; girls' tournament ☐ starting date _____

My name _____ Faculty position _____

I am a qualified instructor ☐. I wish to become a qualified instructor. Please send me the training

course outline and study manual ☐. I would appreciate help from the National Rifle Association

in finding a properly qualified instructor in my community ☐

Send complete information on how to start a rifle program ☐

Name of School _____

City _____ State _____

Enrollment of School: Boys ☐. Girls ☐.

off to a two-point lead, thanks to two free-throw conversions in the first 40 seconds of action. Mexico then dropped back into its zone defense. Fulton came up to midcourt, perceived the zone alignment, and started working the ball around the center court. Mexico refused to come out. Fulton refused to go in. Final score: 2-love.

"Here's one of the reasons why coaches go crazy early in life," writes Coach George Ross of Monongah (W. Va.) High. "My team was leading its arch rival, Farmington High, 41-40, with 45 seconds to go, when one of my players knocked the ball out of bounds under the Farmington basket. Their outside man flipped the ball in and the receiver attempted a hard baseball pass to a forward.

"Several players leaped high for the ball. My ace center, Bob Fox, got up the highest. So what happened? The ball hit his fingertips and zoomed right into the basket from an impossible 90° angle! However we didn't really begrudge Farmington the gift goal or the ultimate victory. Their coach, W. B. Rhinehart, previously coached at Monongah for 14 years. Incidentally, the Fox is not a goat. He has a 19.7 point average for the first 10 games."

Hey, Frank Buck. Better hurry over to Beaver Falls, Pa. The greatest safari since *The Macomber Affair* is going on. A pack of wild-eyed "bird dogs" are flushing the wilds for a rare 17-year-old "duck" weighing 195 pounds.

The "bird dogs" are college football scouts and the "duck" they're after is James "Bucky" Mutscheller, the greatest end in high school football.

Among the colleges waving athletic scholarships at him are Notre Dame, Indiana, Georgia, Pennsylvania, North Carolina, Kentucky, Pittsburgh, Tennessee, Purdue, and Ohio State.

Bucky is a one-man gang on the field. Ask anyone from Ambridge High—Beaver Falls' bitter rival. In their game last season before 15,000 fans, all Bucky did was score two touchdowns, set up a third, and kill three enemy threats by intercepting passes in his end zone.

All in all, Bucky gained 117 yards in five cracks for an average of 23.4 yards per carry, and snared four passes for a net gain of 81 yards.

Football isn't the only sport Bucky stars in. He plays a good game of basketball and is big-league material in baseball. The N. Y. Giants wanted to "farm" him out last summer, but Bucky refused. He prefers to go to college. His choice so far is Notre Dame.

From Frank Stevenson of Myers-town, Pa., High School: "I read your magazine from cover to cover each month. I enjoy most of the articles, but one is always of special interest to me. It is usually an inconspicuous article containing hints and suggestions for teachers of physical education.

"I have used several of the suggested games—and with a good deal of success. However, a program must be varied to be interesting, and I would like to suggest a game which has always been very well received in my classes (about 20 to 40 pupils in size).

"This game is based a great deal on 'Long and shorts' or '21' as it is known in many places. We have two basketball goals in our gym so I divide the class into 4 teams—two shooting at each goal. Each team lines up behind a given spot from which they shoot their 'long' shots—all teams shoot from the same distance.

"I usually give the individual 3 points if the long shot is made clear and 2 points if it hits the backboard. The player then recovers the ball and shoots a lay-up shot. This counts one point if successful. If both the long and short shots are made, the player gets another full turn—both a long and a short regardless of whether the first shot is made or not. He may continue to shoot as long as he makes both shots each time. After he does miss one of the shots he completes his turn, then takes his place at the rear of his team to wait his next turn.

"All teams start to shoot at the same time. After they begin they are on their own for speed. The first boy to get 25 points—it is individual totals, not team totals—goes to the sideline and he becomes 'captain' of the first team. The next four to reach 25 points join him to complete that team. The sixth boy finished is 'captain' of the second team, and the next four join him to round out that team. The remaining boys now sit down while these teams play a game of basketball. Sometimes I allow the boys to continue to shoot till 12 boys get the required number of points. The last two act as referees for the game.

"Since I first introduced the game, my classes have often asked for it. The boys like the competition amongst themselves and even the less gifted feel they have a fighting chance.

"I vary the game by changing the spot from which they take their long shot or by changing the value of the points or by having them shoot one-handed one time and 'set' another."

Judging by the 1947 national honor roll of outstanding track and field performances (see page 44 of last month's issue), California leads the country in the production of school-boy track stars. Of the 115 outstanding performances compiled by E. A. Thomas, California accounted for 25. Texas came next with 19 listings, followed by Illinois with 15, Indiana with 9, Ohio with 8, and Iowa with 5.

Westerly (R. I.) High, when last heard from, was proudly proclaiming the fact that it had won 99 out of its last 100 basketball games, and that 88 of these wins had been chalked up in a row! Which means that it must have gone through nearly four seasons without defeat. Central Falls High broke the streak last season.

OCEAN CHAMPION

TRADE MARK REG.

RACING TRUNKS

FEATHERWEIGHT
CELANESE JERSEY

BLACK
ROYAL
SCARLET

\$24.00 A DOZEN

DIVING TRUNKS

WHITE SATIN LASTEX

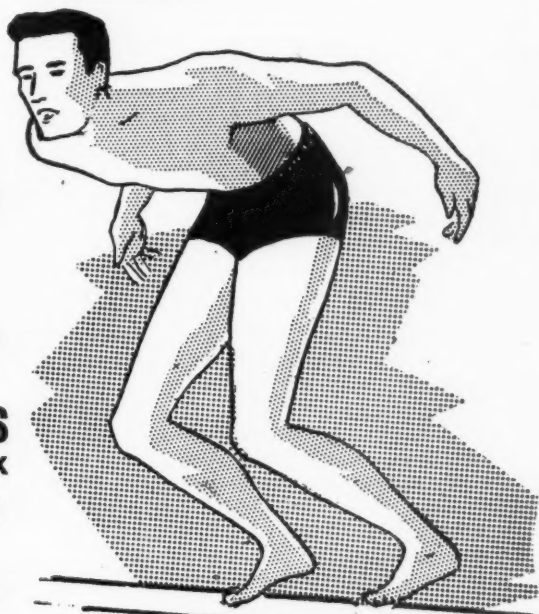
\$30.00 A DOZEN

TERRY ROBES

WHITE

SMALL • MED • LARGE

\$5.50 EACH



OCEAN POOL SUPPLY CO.

1140 BROADWAY, NEW YORK CITY 1, N. Y.

For Safer, Cleaner Swimming Pools



"Bull Frog"

SAF-T-KLENZ

Not a general purpose cleaner but developed specifically
FOR REMOVING RUST STAINS • LIME DEPOSITS
SOAP OIL • BODY GREASE • ALGAE FORMATION
From Swimming Pools • Shower Rooms • Porcelain Fixtures

Leaves floors and decks practically slip-proof. Minimizes conditions that breed and spread infectious germs.

USED FROM COAST TO COAST FOR 33 YEARS

The action of secret chemicals cleans quickly even where hard rubbing with ordinary cleaners has failed. You simply sprinkle Saf-T-Klenz on a damp surface, wait a minute or two, scrub or mop lightly, and flush with clear water. Harmless to hands, clothing, floor or drains. Unscented. No carbolic or disinfectant smell. Comes in economical, concentrated dry powder form.

Write for Liberal Free Sample!

Try Saf-T-Klenz for 30 days. If not entirely satisfied we will cancel the invoice. You won't even be asked to return the unused portion.

BERMAN CHEMICAL CO.

303 TENTH STREET

TOLEDO 2, OHIO



**Second Annual
JERSEY SHORE
HIGH SCHOOL
FOOTBALL CLINIC**

**Saturday, May 1, 1948
Jersey Shore, Pa.**

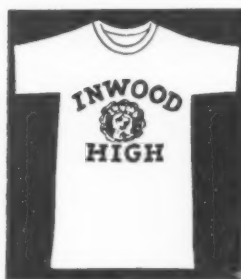
BOB HIGGINS, *Penn State*—Cotton Bowl Contender and National Defensive Record Holder.

GEORGE "LEFTY" JAMES, *Cornell University*—"Workshop in Teaching Fundamentals."

Clinic is tuition free to Coaches and Players. You are our guests.

WRITE NOW FOR RESERVATIONS

**Max Cook, Director
Jersey Shore High School
Jersey Shore, Pa.**



**T
SHIRTS**
\$7.50 DOZ.
(6 dozen min.)

Any style or design in high quality velveteen finish.

NEW BASEBALL CATALOG OUT!

- WHOLESALE PRICES
- HIGH QUALITY
- QUICK DELIVERY

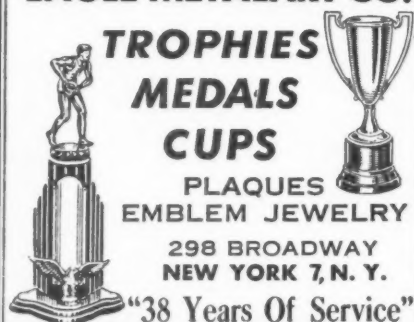
Kindly send all orders and requests for Baseball catalog to—

INWOOD SPORTING GOODS CORP.

LARRY SOLINSKY—S. C.

1758 Eastburn Avenue, New York 57, N. Y.

EAGLE METALART CO.



**TROPHIES
MEDALS
CUPS**

**PLAQUES
EMBLEM JEWELRY**

**298 BROADWAY
NEW YORK 7, N. Y.**

"38 Years Of Service"

Electric Basketball Scoreboards

for immediate delivery
ORDERS FILLED IN ORDER RECEIVED

CEDAR KRAFT COMPANY

GRAND HAVEN, MICHIGAN
Write for free information

Tom Rudkin, a physical training instructor at Beverly (Mass.) High, tells us that the town of Exeter, N. H., is keeping fit by jumping rope, of all things. The man behind the rope is Gordon J. Hathaway, a Navy vet, who is physical director of the Exeter schools. In addition to holding daily rope-jumping classes for 540 youngsters, Hathaway has many of the town's 50- and 60-year-olds hopping through their paces.

"Nothing like it as a conditioner," he says. "One 12-year-old I conditioned with rope-skipping got so he could hoist 650 pounds. In registered strength tests in Boston, a 14-year-old student of mine lifted 1,460 pounds on a dynamometer. Girls and women are also going for the idea. Helps their circulation and gets rid of their blemishes. Gives them nice legs."

Hathaway teaches rope jumping while standing, kneeling, sitting, and lying down. He claims two records: An endurance mark of 2,500 consecutive jumps and a speed-skip of 120 jumps in 30 seconds.

Georgia Tech was playing a tough opponent one afternoon and was several touchdowns behind with no hope of catching up. The only hope Tech had was to escape with life and limb. They went into a huddle and the quarterback called a fullback smash over center.

"Don't run that one," mumbled the FB. "Last time we tried it that backer-up almost twisted my neck off."

"Well, all right," said the QB. "We'll send the left half around end."

"Don't do that," said the LHB. "Last time that end nearly broke my leg."

"Okay," said the QB, "the right half around left end."

"Oh, no," cracked the RHB. "Last time that guy broke a couple of my ribs."

"Well," asked the QB, completely stumped. "What shall we do?"

"I know," replied a guard who had been taking it all in, "let's throw a nice, long incomplete pass."

When Branch Rickey was general manager of the Cardinals, he purchased the contract of Jack Fournier from the old Brooklyn Robins. Fournier was sitting in his hotel room when the phone rang.

"This is Branch Rickey," boomed the voice at the other end of the line. "I've just purchased your contract and I'd like to know something more about you. Do you smoke?"

"Yes," Fournier told his new boss, who was renowned for his ministerial character.

"Well," said Rickey, "do you drink?"

"Yes."

There was a slight pause.

"Do you swear?"

"Yes."

A longer pause.

"Do you go out with women?"

"Yes."

"Judas Priest!" Mr. Rickey exploded. "You must have horns!"

NOW Track & Field "IQ" with



Five Star Track Score Cards

FIVE STAR is an equalized method for grading the individual, from 1 to 100 points, in the 100, 200, Shot, High and Broad Jumps.

FEATURES . . . individual achievement record . . . helps Coach select best event for individual . . . early trials and post season field day . . . uncovers latent ability . . . incentive for intra squad fall program . . . great squad morale builder . . . splendid motivation for spring and fall **PHYSICAL EDUCATION** Classes . . . and when so used serves as a feeder system for varsity squad members.

Request Free Information

JOHN T. CORE

1224-C W. Broad Street, Richmond 20, Virginia

**STOP
"JOCK-ITCH"**

Coaches tell us that "Jock-Itch" distracts their players both physically and mentally. Itching and scratching prevent clear thinking while playing. Parents of high school players react unfavorably to "Jock-Itch."

"Jock-Itch" is caused by excessive perspiration that may develop into serious infections.

NIRAM

is powder developed and tested by our local coaches. Gives relief to skin condition caused by excessive perspiration.

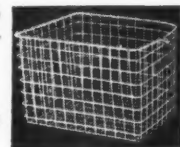
Packed in 1½ oz. cans, with shaker tops. Try it today.

50¢ per can. Postpaid.

**BELL-MACK LABORATORIES
MONTCLAIR, N. J.**

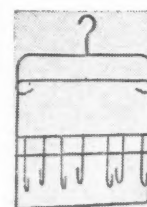
LOCKER BASKETS

Woven and welded checking baskets.



UNIFORM HANGERS

Space saving uniform hangers.



Made from heavy gage, doubly welded steel wire. Available in sizes to meet your locker room needs. Write for descriptive literature.

American Wire Form Co.
267-273 Grant Ave.,
Jersey City, New Jersey

SIX-MAN FOOTBALL MAGAZINE

2 ISSUES—SUBSCRIPTION \$1

Send check or money order to:

C. J. O'CONNOR

The Boys' Latin School

1011 Brevard St. Baltimore 1, Md.

**GYMNASIUM and PLAYGROUND
APPARATUS**

**ELECTRIC SCOREBOARDS for
BASKETBALL and FOOTBALL**

BRADLEY M. LAYBURN CO.
461-8th Avenue, New York, N. Y.

Want to take a look at a real classy sporting goods layout? Just drop in on the new and enlarged Philadelphia offices of A. G. Spalding & Bros. at 401 North Broad Street. Ultra modern in design, they are situated to provide every possible facility and service for Spalding and Reach, Wright & Ditson customers.

The Spalding offices have their railroad freight terminal, as well as a loading platform for trucks, in their own basement. Another thing: dealers visiting the offices in their own cars do not have to worry about the usual parking problem—there's a parking area right inside the building.

The new offices are glass enclosed and contain two beautiful sample display rooms in addition to large warehousing capacity.

Jim Tatum, the new Maryland coach, was a big, green kid from the country when he arrived at the U. of North Carolina to play football. In one of his first games as a Tar Heel, he was getting a fierce going-over in the line. His face was all banged up and bleeding. Hurt and bewildered, he turned to the veteran end, Erwin Walker, and asked "What should I do?"

"Well," Walker told him, "I know this official pretty well and I'll tip him off to watch what's happening to you. Then you call this guy across from you a soandso. Call him that right to his face and he's sure to slug you, being a Southern gentleman, and they'll be penalized half the distance to the goal. You're willing to take just one sock on the nose for the old alma mater, aren't you, Jim?"

"You really think that's what I ought to do?" Tatum said, and Walker said sure.

So Tatum got down in the line and glared at the guy across from him and said, "You big soandso." Bang! The guy let him have it, right in the mouth. Poor Tatum picked himself up, wiped away the stream of blood and said, "What happened?"

"We scored on the play," his pal, Walker, told him, "and had to decline the penalty."

O. K., you baseball fans, we dare you name the only guy in big-league history who gathered at least 20 doubles, triples, and homers in one season. Nope, it wasn't Gehrig, Ruth, Hornsby, Williams, Greenberg, Jackson, Hafey, DiMaggio, or Terry. It was Jeff Heath. He turned the trick as a Cleveland Indian back in 1941.



78QS WHITE

sizes small, medium, large
complete with processed
design in one color

Champacraft

Processed T Shirts

- AT A NEW LOW PRICE
- ORDER NOW FOR SPRING
immediate delivery

\$8.00 per dozen
Minimum 3 dozen

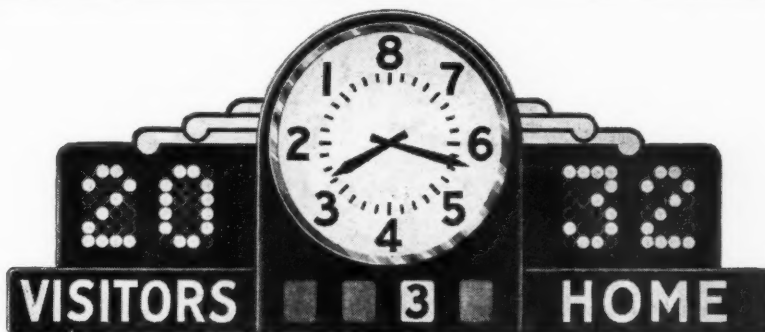
Write for
New Catalog
1948 Line

SWEAT SHIRTS
JERSEYS
JACKETS

SPORTSWEAR
SUPPORTERS
GYM SUITS
SOX

CHAMPION KNITWEAR CO.

**ROCHESTER 4
NEW YORK**



MODEL 250-1

The Scoremaster
BASKETBALL TIMER AND SCOREBOARD

ELECTRIC SCOREBOARDS

Football

Basketball

Baseball

For Championship Performance and Low Cost, Look to the

M. D. BROWN COMPANY

Our new models are a revelation in accuracy and design
We manufacture all types of standard and custom built
scoring equipment

Write for our illustrated literature and price list

Start Your Season Like a Champion

M. D. BROWN COMPANY

LAKE STREET

NILES, MICHIGAN



GOOD FOR 350 TO 500 LAUNDERINGS!

The long life (350 to 500 launderings) of McArthur School Towels make them the lowest cost-per-use towels available. Two-ply, triple-twisted yarns used throughout McArthur Towels mean greater strength without added weight. Full tape rib construction, heavy tape selvege and color stripe woven down the side give additional strength and service. Complete information on an efficient plan for school towel distribution designed especially for your school will be sent on request. Write Geo. McArthur & Sons, Inc., Baraboo, Wisconsin.

McARTHUR

SCHOOL TOWELS

A JIM-DANDY GYM MAT

by Wagner!



The Name That Stands for Top Quality

Typical of Wagner quality is this Super Deluxe gym mat. It is tops in design, material and workmanship. The filler is 100% Goat Hair, the cover No. 6 heavy duck. WAGNER'S special compression-tied and double-tufted construction insures extra wear and splendid service.

Every Canvas Need for Gym or Athletic Field

Gym Mats
Sectional Mats
Gym Mat Covers
Wall Mats
Field Enclosures
Baseball and Football Field Covers

Archery Target Covers
Punching Bags
Shower Curtains
Tennis Nets
Flags

Write for new price list of canvas specialties

The WAGNER
AWNING & MANUFACTURING CO.
2658 SCRANTON ROAD • CLEVELAND 1, OHIO

WAGNER
CANVAS
PRODUCTS

Starter and Referee

(Continued from page 42)

"Are you going to give us a fast or a slow gun?"

The reply might be as follows: "You will be started with two commands and a gun. When everyone has indicated that he is ready, you will get your first command, 'Take Your Marks.' Enough time will be given for everyone to get comfortably spotted in their holes. Then comes the 'Get Set.' When all contestants are motionless, the gun will be fired."

In this explanation there is no hint of the two-second minimum between the second command and the firing of the gun; and there is nothing to give a boy a chance to benefit by a rhythm.

Both the National Federation and the N.C.A.A. editions of the rules book contain a helpful article on starting by E. A. Thomas. This article was reprinted in *Scholastic Coach* last month, and the writer recommends it to all aspiring officials.

High School Athletics

(Continued from page 62)

12. The athletic council should study and be prepared to consider policies in regard to:

Student relations	Spectator accommodations
Financial campaigns	Pep organizations
System of awards	School band
Purchase of equipment	Conference relations
Care of equipment	State association relations
Officials and officiating	Facilities and improvements
Publicity in all forms	Cleaning, laundering, etc.
Athletic insurance	Safety of equipment
Tickets, prices	Head coaches' duties
Ticket sellers and takers	Assistant coaches' duties
Squad transportation	Minor sports program
Relationship of sports	Inventories
Pressing facilities	Police, ushers
Banquets, socials	Physical examinations
Lettermen's Club	Athletes' load of sports
Intramurals	Coaching load
Junior varsities	Teaching load
Selection of managers	Traveling regulations
Selection of cheerleaders	Athletic files and records
Eligibility lists	Attending coaches clinics
Towels and soap	Parents' relations
Locker rooms	Advance ordering
Civic Club relations	Coaching successive sports
Concessions at contests	Between-halves program
Equipment repairing	Disposing of old equipment
Locking up properties	Officials' dressing room
Assembly programs	Maintenance of facilities
Press reports	Issuing and checking equipment
Rallies, demonstrations	Scouting expenses
Athletic dues	Professional periodicals
Printed programs	
Transportation facilities	
Disciplinary methods	
Records and reports	
Financial reports	
Daily medical service	

L. Jack Smith has 23 years of experience as an athletic director and coach in the Florida high schools. He was president of the state coaches association for five years, and is currently physical education director and coach at West Palm Beach High School.

EDITORIAL

ADVISORY BOARD

NATIONAL FEDERATION

R. E. RAWLINS, President

H. V. PORTER, Secretary-Treasurer

HIGH SCHOOL

V. S. BLANCHARD, President
AMERICAN ASSN. for HEALTH,
PHYS. ED. and RECREATION

PAUL KELLY, Athletic Director
RILEY H. S., SOUTH BEND, IND.

STANDARD LAMBERT, Football Coach
AUSTIN (TEX.) H. S.

L. L. McLUCAS, Supervisor
HEALTH and PHYS. ED.,
DUVAL COUNTY, FLA.

V. L. MORRISON, Athletic Director
TECHNICAL H. S., ST. CLOUD, MINN.

F. S. O'CONNOR, Athletic Director
BOONE (IOWA) H. S.

FLOYD A. ROWE, Directing Supervisor
PHYSICAL WELFARE, CLEVELAND
PUBLIC SCHOOLS

DAVID P. SNYDER, Director
PHYS. ED., OAKLAND PUBLIC
SCHOOLS, CAL.

CHALMER WOODARD, Coach
LIBERTY H. S., LAWRENCE, KANS.

AMATEUR ATHLETIC UNION

DANIEL J. FERRIS, Secretary-Treasurer

COLLEGE

ETHAN ALLEN, Baseball Coach
YALE UNIVERSITY

O. B. COWLES, Basketball Coach
UNIVERSITY of MICHIGAN

DEAN CROMWELL, Track Coach
UNIVERSITY OF SO. CALIFORNIA

THOMAS K. CURETON, Professor
PHYS. ED., UNIV. of ILLINOIS

LOU LITTLE, Football Coach
COLUMBIA UNIVERSITY

JAY B. NASH, Chairman
DEPT. of PHYS. ED. and HEALTH,
NEW YORK UNIVERSITY

MASTER COUPON

To obtain free literature and sample goods, carefully check items desired and mail coupon directly to Scholastic Coach Advertising Department, 220 East 42 Street, New York 17, N. Y.

Numbers in parentheses denote pages on which the advertisements may be found. Please check the items personally, and to be sure of getting the type of service or information you desire, refer back to the advertisement before checking the listing.

AMERICAN CHAIN & CABLE CO. (59)

- ☐ Literature on Page
Stainless Steel Tennis
Nets

AMERICAN WIRE (68)

- ☐ Folder, Checking and
Locker Baskets, Uniform
Hanger

R. W. ARNETT (30)

- ☐ Literature on Starting
Blocks

BEACON FALLS (33)

- ☐ Information on Athletic
Footwear

BELL-MACK LABS. (68)

- ☐ Information on Powder
for Jack-Itch

BERMAN CHEMICAL (67)

- ☐ Sample Saf-T-Klenz for
Swimming Pools

BRADLEY WASHFOUNTAIN (20)

- ☐ Catalog on Multi-Stall
Showers

BRISTOL-MYERS (45)

- Health and Grooming
Material
☐ Dental Health Plan
☐ Personal Grooming
☐ Hand Care Chart
☐ Dental Health Chart

M. D. BROWN (69)

- ☐ Literature on Electric
Timers and Scoreboards
for Football, Basketball,
Baseball

BUTWIN SPORTSWEAR (63)

- ☐ Information on Sports
Jacket

CEDAR CRAFT (68)

- ☐ Information on Electric
Scoreboards

CHAMPION KNITWEAR (69)

- ☐ Catalog on Gym Uniforms

COACHING SCHOOLS

- ☐ Jersey Shore (68)
☐ Penn. State (54)

JOHN T. CORE (68)

- ☐ Information on Track
Score Cards

C. R. DANIELS (27)

- ☐ Catalog on New Line of
Football, Baseball, Soft-
ball, Gym and Field
Equipment

DENVER CHEMICAL (61)

- ☐ Handbook, "Athletic
Injuries"

EAGLE METALART (68)

- ☐ Catalog on Trophies,
Medals, Emblems,
Banners

JOHN B. FLAHERTY (16)

- ☐ Information on Elbow
and Knee Protectors,
Athletic Supporters

GENERAL MILLS (41)

- See Feb. adv. for offer of
Baseball Books

GREENE CO. (54)

- ☐ Athletic Apparel
☐ Medals, Trophies
☐ Confid. Price List

HAND KNIT HOSIERY (65)

- ☐ Information on Wigwam
Socks

HANNA MFG. (55)

- ☐ Catalog on Bats

HILLERICH & BRADSBY (23)

- ☐ Famous Sluggers Year
Book
☐ Softball Rules

HUNTINGTON LABS. (25)

- ☐ Basketball Coaches
Digest
☐ Basketball Shot Charts
☐ Information on Film,
"Scientific Floor Mainte-
nance"

HYDE ATH. SHOES (4)

- ☐ Information on Athletic
Shoes

INWOOD SPTG. GOODS (68)

- ☐ Baseball Catalog

LANNOM MFG. (29)

- ☐ Information on Worth
Baseballs

BRADLEY M. LAYBURN (68)

- ☐ Information on Gym and
Playground Apparatus,
Portable Bleachers,
Electric Scoreboards

LINEN THREAD

- (Inside Front Cover)
Full Information on
☐ Tennis Nets ☐ Goal Nets
☐ Protection Nets
☐ Gym Dividing Nets
☐ Baseball Batting Cage
Nets

MAGES SPORTS DISTRIBUTORS (65)

- ☐ Information on Repair of
Inflated Goods

MARBA SYSTEM (54)

- ☐ Information on Athletic
Equipment Reconditioning

McARTHUR & SONS (70)

- ☐ School Towel Plan

FRED MEDART (52)

- ☐ Book, "Physical Training,
Practical Suggestions for
the Instructor"
☐ Booklet, "Physical
Fitness Apparatus"
☐ Catalog on Telescopic
Gym Seats, Steel Lockers
☐ Information, Acromat-
Trampoline
☐ Catalog on Basketball
Backstops, Scoreboards

O. F. MOSSBERG (56)

- ☐ Booklet, "The Guide
Book to Rifle Marksman-
ship"
☐ Catalog

MUTUAL LIFE (2)

- ☐ Aptitude Test

NADEN & SONS (57)

- ☐ Catalog on Electric
Scoreboards and Timers

NATIONAL SPORTS (46)

- ☐ Catalogs: Bases, Mats,
Rings, Training Bags,
Wall Pads, Pad Covers
☐ "Pointers on Boxing"
Booklet

SEE PAGE 72 FOR OTHER LISTINGS AND FORM FOR SIGNATURE

16mm Motion Picture

1947 NCAA Track and Field Meet

Filmed at Salt Lake City, Utah, June 20, 21, 1947



400 feet, 16mm, black and white, silent motion pictures made in slow motion. Ideal for analyzing the form and style of America's greatest track stars. Invaluable aid to any track team coach. Price only \$24.50 postpaid.

Richard V. Thiriot

2405 East 21st South

Salt Lake City, Utah

MASTER COUPON

(See page 71 for other listings)

(Numbers in parentheses denote page on which advertisement may be found)

NISSAN TRAMPOLINE (57)

- ☐ Literature
- ☐ Booklet, "Tips on Trampolining"

OCEAN POOL SUPPLY (67)

- ☐ Information on Trunks, Swim Fins, Kick Boards, Nose Clips, Caps, Klogs

O-C MFG. (49)

- ☐ Information on Apex Athletic Supporter

OHIO-KY. MFG. (19)

- ☐ Information on New Type Molded Basketball

O'SHEA KNITTING (35)

- ☐ Catalog on Uniforms

PENN. ATHLETIC GOODS (15)

- ☐ Catalog on Athletic Balls

PETERSEN & CO. (54)

- ☐ Catalog on Gym Mats, Wrestling Mats, Boxing Rings, Mat Covers and Prone Shooting Mats, Football Dummies

PHOENIX MFG. (26)

- ☐ Information on Pitching Horseshoes and Stokes

POWERS MFG. (60)

- ☐ Catalog on Athletic Uniforms

RAWLINGS (3)

- ☐ Catalog

REGALIA MFG. (62)

- ☐ New Book on Award Ribbons, Banners, Plaques, etc.

REMINGTON ARMS (53)

- ☐ Instructor's Manual on Operation of a Rifle Club

REVERE ELECTRIC (37)

- ☐ Sports Floodlighting Bulletin
- ☐ Catalog

JOHN T. RIDDELL (31)

- ☐ Information on Plastic Helmets, Shoes, Balls, Track Supplies

SANI-TREAD (62)

- ☐ Sample of Paper Bath Slipper

SEAMLESS RUBBER

- (Inside Back Cover)
- ☐ Information on Sav-A-Leg Home Plate, Athletic Tape, Kantleek Bladders
- ☐ Information on New Line of Athletic Balls

HAROLD F. SERGEL (54)

- See adv. for special servicing offer

SOLVAY SALES (56)

- ☐ Folder, "For Cleaner, Weedless, Dust-Free Play Areas"

SOUTHWEST MFG. (63)

- ☐ Price List on Bats

SPALDING & BROS. (1)

- ☐ Catalog
- ☐ Sports Show Book
- See ad for free reservation of new baseball film

STEWART IRON (24)

- ☐ Information on Field Enclosures and Backstops

RICHARD V. THIRIOT (72)

- ☐ Information on Track and Field Film

VOIT RUBBER (17)

- ☐ Catalog on Rubber Covered Athletic Balls and Equipment
- ☐ Illustrated Price List

WAGNER AWNING (70)

- ☐ Information on All-Star Line of Canvas Specialties

F. H. WEBER (40)

- ☐ Information on Porto-Basket Basketball Goal

WESTINGHOUSE ELECT. (39)

- ☐ Sports Floodlighting Planning Book

WILLIAMS IRON (55)

- ☐ Grandstand Catalog

WINCHESTER ARMS (48)

- ☐ Booklet, Rifle Shooting for Schools and Colleges

YORK BARBELL (43)

- ☐ Information on Barbell Equipment.
- See adv. for free offer

NAME _____ POSITION _____

(Principal, coach, athletic director, physical director)

SCHOOL _____ ENROLLMENT _____

CITY _____ STATE _____

No coupon honored unless position is stated

March, 1948

ADVERTISERS INDEX

AMERICAN CHAIN & CABLE COMPANY, INC.	59
AMERICAN WIRE FORM COMPANY	68
ARMOUR & COMPANY	51
ARNETT, R. W.	30
BEACON FALLS RUBBER COMPANY	33
BELL-MACK LABORATORIES	68
BERMAN CHEMICAL COMPANY	67
BRADLEY WASHFOUNTAIN COMPANY	20
BRISTOL-MYERS COMPANY	45
BROWN, M. D., COMPANY	69
BUTWIN SPORTSWEAR COMPANY	63
CEDAR KRAFT COMPANY	68
CHAMPION KNITWEAR COMPANY	69
COCA-COLA COMPANY	47
CORE, JOHN T.	68
DANIELS, C. R., INC.	27
DENVER CHEMICAL COMPANY	61
DOLGE, C. B., COMPANY	34
DU PONT DE NEMOURS, E. I., & CO., Inc.	59
EAGLE METALART COMPANY	68
FLAHERTY, JOHN B., COMPANY	16
GENERAL MILLS, INC.	41
GOLDSMITH, P., SONS, INC.	21
GREENE COMPANY, THE	54
HAND KNIT HOSIERY COMPANY	65
HANNA MANUFACTURING COMPANY	53
HILLERICH & BRADSBY COMPANY	23
HUNTINGTON LABORATORIES, INC.	25
HYDE ATHLETIC SHOE COMPANY	4
INWOOD SPORTING GOODS COMPANY	68
IVORY SYSTEM	4th Cover
JERSEY SHORE FOOTBALL CLINIC	68
LANNOM MANUFACTURING COMPANY	29
LAYBURN, BRADLEY M., COMPANY	68
LINEN THREAD COMPANY	2nd Cover
MacGREGOR GOLDSMITH, INC.	21
McARTHUR, GEORGE, & SONS	70
MAGES SPORTS DISTRIBUTORS, INC.	65
MARBA SYSTEM	54
MEDART, FRED, PRODUCTS, INC.	52
MOSSBERG, O. F., & SONS	56
MUTUAL LIFE INSURANCE CO. OF N. Y.	2
NADEN ELECTRIC SCOREBOARD COMPANY	57
NATIONAL SPORTS EQUIPMENT COMPANY	46
NISSAN TRAMPOLINE, THE	57
OCEAN POOL SUPPLY COMPANY	67
O-C MANUFACTURING COMPANY	49
OHIO-KENTUCKY MANUFACTURING COMPANY	19
O'SHEA KNITTING MILLS	35
PENNSYLVANIA ATHLETIC GOODS	15
PENNSYLVANIA STATE COLLEGE	54
PETERSEN & COMPANY	54
PHOENIX MANUFACTURING COMPANY	26
POWERS MANUFACTURING COMPANY	60
PRENTICE-HALL, INC.	46
RAWLINGS MANUFACTURING COMPANY	3
REGALIA MANUFACTURING COMPANY	62
REMINGTON ARMS COMPANY, INC.	53
REVERE ELECTRIC COMPANY	37
RIDDELL, JOHN T., INC.	31
SANI-TREAD COMPANY, INC.	62
SEAMLESS RUBBER COMPANY	3rd Cover
SERGEL, HAROLD F.	54
SIX-MAN FOOTBALL MAGAZINE	68
SOLVAY SALES CORPORATION	56
SOUTHWEST MANUFACTURING COMPANY	63
SPALDING, A. G., & BROS.	1
STEWART IRON WORKS	24
THIRIOT, RICHARD V.	72
U. S. RUBBER COMPANY	60
VOIT, W. J., RUBBER CORPORATION	17
WAGNER AWNING & MFG. COMPANY	70
WEBER, F. H., COMPANY	40
WESTINGHOUSE ELECTRIC COMPANY	39
WILLIAMS IRON WORKS	55
WILSON SPORTING GOODS COMPANY	6
WINCHESTER REPEATING ARMS COMPANY	48
YORK BARBELL COMPANY	43